

# THE MAGNUM OPUS

A STEP BY STEP COURSE



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# HOW TO USE THIS TEXTBOOK

This is a complete Alchemical course on arguably the most important topic in this science: The Magnum Opus.

After a great deal of personal introspection and consideration, I decided to present this course in textbook format. It is my opinion that this is the most robust format, one that has proven itself to withstand the test of time. In this way, the serious occult practitioner may keep this book either in their virtual library as an eBook for convenience, or order a print book for their personal library. Either option allows you to return to this study at any time, without obstacle.

This course contains seven chapters which include images and diagrams in order to illustrate the sometimes complex concepts and techniques that follow. Each chapter is separated into two parts:

1. Concepts: general concepts and theories.
2. Techniques: step by step descriptions of all of the techniques discussed in the concept sections. In this section you will also find suggested routines for long term practice that will allow you to advance in skill.

I would recommend that you practice the techniques and exercises mentioned in each chapter at least once, before continuing to the next. This is because it is very important to understand at a body level what is going on before you advance to the next level.

Some material from the concept sections may seem to be repeated in the technique sections. This is deliberate, and it is done in order to focus your attention as much as possible on the concepts and techniques presented.

*One of the key principles of Inner Alchemy is the deliberate use of focused and sustained attention.* Through repetition (something by the way that some of you may be very familiar with since it is a favorite technique of product advertisers and propaganda specialists) the focus of attention is engaged over and over again; it is sustained on a particular topic. This inner action directs energy and molds it, which quite literally brings to life those things that are being repeated, first within the mind of the practitioner and then as a physical doing.

It is my hope that as you focus your mind repeatedly on the material covered in this text, you will find yourself naturally and favorably contemplating this material at a deeper and deeper level.

This focus of attention alone will create new possibilities within you, and in an effortless manner, increase your desire to perform the techniques presented.

# Journal

I think that you will find it most helpful to dedicate a journal to this course. You can use this journal to:

- Create a personal schedule for the exercises recommended in the course.
- Maintain a log of your physical and psychological reactions, and the impressions that may manifest themselves as a result of the techniques employed in this course.
- Log any personal synchronicities in relation to this working.
- Keep notes on how to personally expand on the techniques provided here.
- Write responses for any written portions of the course.

Finally, as an extra for this course, I will provide a questions and answers section on my website for anyone who may have unanswered questions concerning this course. You will find the link to this page at the end of the book.





# INTRODUCTION

I am very happy and proud, to have you participate in my first structured course.

In this course I wish to introduce a number of new concepts and techniques, including the concept of energetic re-absorption, which you may have heard of before, but without the information required to perform the techniques properly.

You may already be familiar with energetic absorption, as I have presented the nature of these techniques in my books: *Vampire's Way to Psychic Self-Defense* and *Overcoming the Archon Through Alchemy*.

Here though, material is presented in greater detail with additional material added, which I think even advanced students will find quite challenging and applicable to their current work.

Among other things, the new material includes:

- An in-depth overview of how energetic absorption of all kinds takes place.
- A comprehensive look into the energy channels of the body.
- More information on energetic storage (the Cauldron).
- How to use two energy pumps simultaneously.
- How to greatly expand these absorption practices.

This advanced work expansion will include for example, the absorption of whole situations and events; so that you will be able to reverse bad luck, negative situations in general, and a wide array of negative synchronistic tides and events.

And beyond this, I will also focus on why energetic absorption and re-absorption is needed. There are many complications and nuances that are very important and that are seldom explained (to my satisfaction anyway). For example, you may be familiar with the general concept of energy work and re-absorption, as you may be familiar with a number of techniques mentioned by other schools of thought; such as recapitulation in Toltec shamanism, purification methods in

Yogic Tantra, and the clearing of past trauma in some Western traditions, etc.

In this course I give a true and detailed explanation of what this type of recapitulation is, how energetic re-absorption is performed *properly*, and why it is done; including a step by step breakdown of how this energy is absorbed through the body and is then properly stored within the body.

When I started writing this course, I thought this would be the crux of the course, and that the re-absorption techniques would be the end of it. But the text ended up moving into territory that was beyond my original aim. You might say that the intent behind the course demanded that more needed to be revealed for it to be complete!

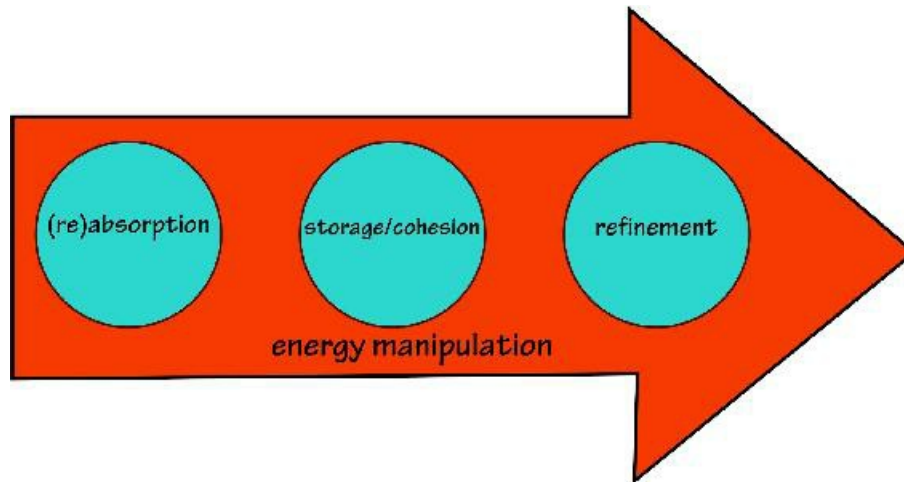
What this meant at the time was that I needed to add the cohesive binding force behind this knowledge of energy re-absorption. I needed to add the driving force, the underlying intent that drove this grouping of concepts and techniques forward beyond the point of interesting theory, and into actionable, desirable, and practical work. What was needed was that I reveal the full treasure, the full power possible from this work. I needed to give the complete reason as to why all of this work is worth doing in the first place.

This binding force is the MAGNUM OPUS, The Great Work, which is fundamentally the creation and refinement of the Philosopher's Stone or Pearl!

Without this binding force, without you understanding that all of this work was, and is, done to accomplish The Great Work, which is the creation of the Philosopher's Stone, none of this would really make sense, and there would be no real desire on anyone's part to engage in such seemingly abstract efforts.

So, I needed to not just mention how to absorb, reabsorb, and describe where this extra energy is stored, but also how to begin to refine this energy, and *why* we would want to go through all of this work! I needed to put together the complete Alchemical process referred to as the Magnum Opus of Inner Alchemy.

This process is made up of three plus one distinct phases:



*Figure 1 Absorption/re-absorption, storage/cohesion and refinement are all tied together through the power of energetic manipulation.*

As we explore these techniques, I will also explain the nature of energy itself; how energy is distilled and amplified naturally in our bodies, how this energy moves inside us and is focused through the agencies of the mind, in order to give order, meaning, and three-dimensional substance to the world we experience every day.

You may wonder why all of this understanding and energetic absorption of all kinds is so important?

How the information in this course may positively affect your life?

The answer is simply that energy is needed in all things! Without it we are lost, we are zombies living the life of the living dead.

As I will discuss in further detail in the course, we are energetic beings. Without energy we are nothing; either mentally or physically. The more energy that we can absorb and store, the more we are alive and the more we can do, in this one precious life that we have.

In order to prosper then, in whatever way we choose, we need to regain all of the energy that we were born with, and have created throughout the course of our life; energy which we have lost due to energy predation in one form or another. We need to do this in order to first of all escape the mass of the world and all its memetic traps, and in that way find true freedom, and the power needed to accomplish our life purpose.

But this energy that you may acquire and begin to work with needs to be refined and focused, it needs to be hoarded and maintained properly, it needs to be put to proper order and use, or else it

will dissipate in time and even a strong life will end, and the individuality will dissipate into the Great Dark Sea.

So, the answer is not just energy, or just getting more and more energy, but also how to refine this energy into an applicable force in our lives. Without this key piece of the puzzle there is no possibility of true power and eventual freedom from the three-dimensional (plus time) prison that traps humanity here, now.

All of human possibility is only feasible through energetic absorption and re-absorption, *and the refinement of that extra energy into a workable force!*

# Effortless Success

As you begin to take part in the exercises in this course, it is very important that you make an effort to complete all of them. If, for whatever reason, this becomes difficult for you, as it can be hard at first to get the ball rolling as it were, and since it can also be hard to continue to perform exercises on a consistent and repetitive basis; I want you to at least do this one thing for me if you encounter such trouble.

If starting, or continuing, with the exercises becomes hard or impossible for whatever reason, I want you to JUST THINK about doing the exercises.

What I mean is that I don't want you to try and force yourself to do something that feels very difficult in the moment. Instead, I want you to do the least difficult thing possible, and that is to visualize and focus your attention on THE THOUGHT OF THE ACT of doing the exercises.

So, as you read this material, and as you therefore focus your attention on the content of the material, also focus your attention on the act of imagining yourself doing the exercises as well. After you have finished reading, take a few minutes and just imagine what doing the exercise would be like. Relax, turn your attention away from the reading material for a few moments, and imagine again in a more vivid way, what doing the exercises would be like.

This visualization should not last more than 2 to 5 minutes and you shouldn't stress yourself. It should be fun and relaxing, like a focused daydream. All you have to do is focus your attention in the direction of THE THOUGHT OF THE ACT of it for a few minutes.

This contemplation will be of great benefit to you, and will begin the internal process of moving you in the direction of doing physically what you have up to that point only contemplated subjectively.

When and if you find yourself impulsively beginning the exercises, perhaps turning from the computer screen in a quite unconscious way, that is without conscious thought, and begin whatever exercise you had been imagining...DO NOT impede this impulsive action in any way.

The trick in all of this is a sense of effortlessness.

Certainly, if you do not need any kind of push or prompting to do the exercises, then you do not need to worry about doing this kind of imaginative work. This technique is for those times when you may feel that you need an extra amount of energy alignment and push to get yourself started.

You will be greatly surprised, I think, to discover how powerful the simple focus of attention is. Using just the imaginative direction of attention as described here, you will be able to get yourself to do any exercise, or any work for that matter, that you may have been procrastinating about.



## CHAPTER 1

# A BALANCING ACT

## Concepts

The world makes sense really.

An economist, a social scientist, a futurist, will most likely all tell you that even though the future is pretty hard to predict, things nonetheless seem to be moving along as they should.

Population is increasing, people are getting smarter (by which they mean more tech savvy), technology is getting better, and climate change, which they used to call global warming, is a reality.

But if you have been paying attention over the last little while, the world is getting pretty darn weird as well: while some things are indeed getting better, there is a lot of ‘bad stuff’ also.

This is, because *relative balance* is ‘generally’ what the game is all about, and in that sense the world really is moving along just as it should.

You see, this *relative balance* is a technique, something that is quite simply a conscious farming technique, incorporated in order to keep everything and everyone just slightly off kilter (much like the planet itself). *Relative balance* then, or slightly off kilter if you prefer that term, is and will continue to be this planet’s operational norm.

What I mean by this is that the world is in a constant state of slight (or sometimes great) dis-balanced balance. In this state of affairs, things are dis-balanced enough to cause as much emotional upheaval as possible, without actually bringing the whole thing crashing down on itself, in some apocalyptic world ending bang.

Accordingly, in keeping with this dis-balanced balancing technique, the popular notion of the time, based on sometimes rigorous inquiry and scientific experimentation, posits that man is a flawed creature. These flaws it is said, are the result of our evolutionary history and our simian ancestry.

What this means, in accordance with these rigorous studies, is that the human ape, seems to find it very difficult to adjust to the break neck speed of our technological and cultural advancements. In other words, you can take the ape out of the savannah, but if you are expecting that ape to stop making a monkey out of itself, you have another thing coming.



And so, in order to save the world, certain solutions have been offered. Solutions that, if implemented properly, promise to end all of humanity's and the planet's woes. These solutions boil down to:

**We must civilize the monkey!**

Note that these solutions don't interest themselves in human illumination, in evolution as we may define the term; meaning getting better, going higher, becoming enlightened perhaps.

They are for the most part only interested in domesticating the monkey man, in finding ways to rein in the hairy ape, so that ongoing profits and mass control are assured.

In order to do this, notions such as the adoption of certain religious or political ideologies, cultural norms and taboos, and psychological principles galore are presented and systematically forced down our monkey throats.

And seldom is the idea of personal freedom and true enlightenment mentioned in any serious way. Mostly notions of enlightenment, personal power, true freedom, are held out like treats to be given out supposedly to only the most civilized of the apes; to the wealthiest, to those in the special clubs.

But all of these notions, these ideological and psychological idea gestalts, or memes, always fail. They never seem to truly civilize our monkey natures. Most often they just seem to make things worse; they just seem to give reason for the monkey's maniacal ways.

And this is of course exactly the point: dis-balanced balance, lest we forget.

But you may wonder why? Why is it that even when these notions actually seem to be based on sound ideas, they still don't work?

Why can't we all become Buddha, why can't we all, at least those who are really, really trying, become enlightened?

Why can't we all become powerful masters? Is there a secret doctrine? Why is it secret?

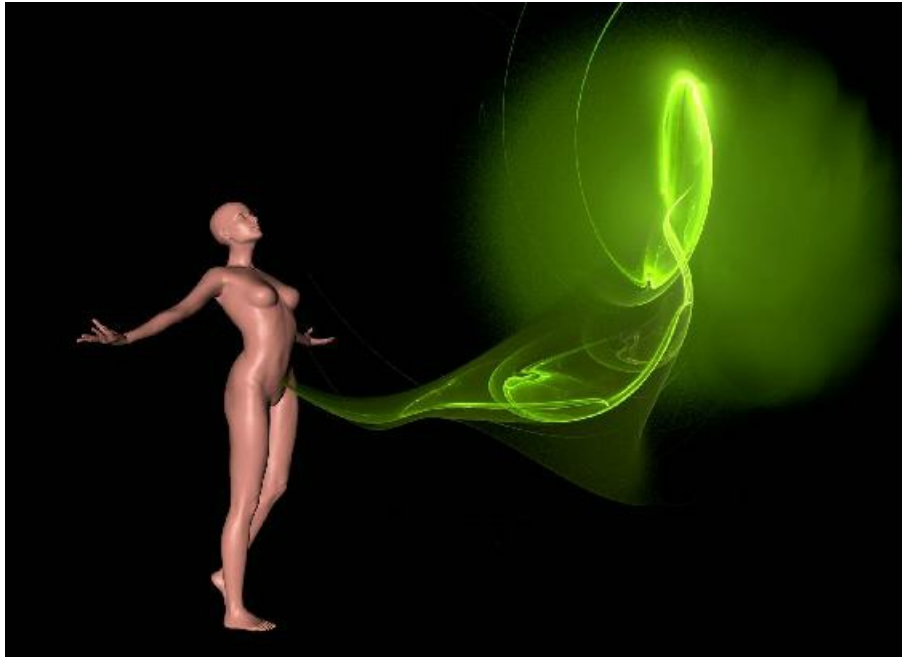
Do those people in the cool underground clubs really become powerful occult masters in the end?

And, now that we are asking, what possible reason could any supposedly enlightened master

have for keeping the way to enlightenment a secret? When, how, and why did enlightenment become a commodity?

Did we all lose something? Forget something?

Yes, we did, we did forget something. We forgot our *will*, and the power to nourish and nurture that *will*.



*Figure 2 The will, as it extends from the body to affect the world outside itself.*

And it is this ingredient, not *will* itself so much really, but the power that nourishes the *will*, and the power that sustains it, which is really the most important ingredient of them all, at least at this stage in human development, and that is the part that is always left out.

Without it, nothing is possible because without this power, without the ability and the energy to intend a thing, and make that thing, first as a subjective mental reality and then eventually over time, a true objective or physically real thing, humanity will never evolve beyond a mere reactionary, instinct driven ape, no matter what new notions or supposed solutions are used, and no matter how hard these notions are pounded into our skulls.

So, without the underlying power of *will*, words mean nothing, memes mean nothing. All they do is give us the illusion of reason, the illusion of control and sanity. And in the end, all they really do, is what they are truly designed to do; which is to control us, to corral us, to make it easy to control the human ape.

And so, all the great works on enlightenment, on civilizing the monkey, on evolution or whatever, will never really mean anything, because it is that fuel that is THE most important thing when it comes to true change. The fuel that nourishes our *will*, because this *will* is really ourselves; it is the foundational principle of our individual beingness.

As an Alchemist, this is the most useful, the only truly useful thing there is, the acquisition of that fuel, and it is the acquisition, storage, and refinement of that fuel, that is the true focus of this course: The Magnum Opus.

Alchemist you see, contrary to what many may believe about Alchemy, do not care about words, notions, formulas, riddles, incantations, or atomic weights. All they truly care about is that fundamental and underlying fuel.

Alchemists are not rational, they do not care for reasons. They do though concern themselves with the most intricate facets of logic, and it is this deep study of the logical that forces them to completely reject the binding force of rationality.

Another way to say this would be to say that Alchemy does not concern itself with *a priori* knowledge. That is, it does not concern itself with knowledge that comes from theoretical dogma. Alchemy, because it is an energy and power-based system of existence, cannot afford to invest its energy in external notions, in external solutions, or external knowledge that has not come through direct personal perception. It can only assent to knowledge that is acquired through direct and personal, now-based, awareness.

For example, one may ask, is the Earth round or flat?

A rational person will probably say, shout out loud most likely, that the Earth is round, always was, and always will be.

And to prove this, he or she will cite experiment after experiment, with NASA video footage in the background, all aimed at proving beyond a shadow of a doubt that their beliefs are true. And they will feel complete faith in this belief stance, in this undeniable fact, that the Earth is a sphere; because to them it is most plainly true.

And all of this undeniable proof, is cumulative knowledge based on the sum of all the evidence that the many scientists and astronauts, the world over, have been able to provide.

But, most often, none of this evidence will be based on personal observation, experience, or

calculation: it is all *a priori* knowledge.

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*A priori*; is defined within this text as knowledge that is arrived at through external sources and not through direct personal perception. These external sources of information, these dispensers of undeniable fact, are societal authority figures and institutions such as parents, religion, government, and *common* sense.

Common sense is the name of the deductive conclusions made in accordance with the accepted truths of the time. These deductions rely completely (complete faith) on the acceptance of the *a priori* information/knowledge of the current human era. The common sense of this modern era is called rationality.

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Rationality is a world view based entirely on group-think, sprinkled with a little personal deduction here and there, but very little of it is based on direct personal knowledge.

In that sense then, the modern rational view, which most will say is based on scientific investigation, is based completely on *a priori* knowledge. So, for the average person there is really not much difference between this modern world, and the ancient ones where religious faith and superstition ruled the day.

The only difference really is where a person decides to place their faith, and therefore their fate.

Alchemical Logic on the other hand, takes nothing for granted, even its own perceptions. It seeks the attainment of a deeper kind of direct knowledge, that begins by first letting go of all *a priori* understanding.

This forsaking of all *a priori* knowledge is supplemented with energetic practices, until a certain threshold is reached, where a practitioner becomes a true Alchemist, and is then able to perceive the world in a more direct way that no longer relies on any *a priori* knowledge.

This new way of perceiving is sometimes referred to as the Energetic Way. But calling it the Energetic Way is really an attempt to use words to try and define a new perceptual ability that allows the practitioner to see energy directly. And as a result of this new perceptive possibility, the world completely changes. It goes from being an object-filled place, to a sea of vibrating energy.

And it is from that new perceptive point, that new causal-logical viewpoint, that an Alchemist sees the world. And from that perspective point, humanity is not seen as a bunch of techno chimps striving to become overlords, which is how many see humanity in this modern rational age.

What is actually seen is pretty much the reverse. What an Alchemist perceives is that man is

actually an energetic conglomeration of aware energy, that has been *turned into* a techno chimp.

From that energy-based perspective point, things become far different, and certain devastating realizations are revealed. The most poignant of these has to do with the energetic fact that we are food for other forms of non-organic life.

In particular, that we are food for a megalithic trans-dimensional life form, sometimes referred to as the Great Archon or the Demiurge, and that this Archonic force has turned man, the aware energetic being, into a carrot, to be farmed upon the fields of the Earth.

Not only are we faced with the mind-blowing fact that there exists life on this planet that is completely non-organic, but the fact that we are food for some of this life. And that we fall prey to this non-organic life form in ways that cannot be rationally perceived, in the same way that we might perceive a lion taking down a zebra.

What *can* be perceived from an energetic perceptive point is that we all fall prey to it in an energetic way, in a similar way that a tick might slowly suck the life-blood out of its prey.

And further, that this great Archonic force, this biggest of the non-organic life forms feeding on humanity, has quite literally trapped us here on this planet, and is now farming all of humanity in the same way that human beings might farm or ranch other biological creatures, for their own sustenance.

How does the Archon trap us? How does it eat us?



*Figure 3 Artistic representation of the Great Archon as it hovers above and around this world, feeding on humanity.*

It eats our energy, the many emotional flares that are part of our individual and collective lives as human beings.

We are all emotional beings: erratic, impulsive, mob-driven, primates, that glow like bright bulbs thanks to our emotional expenditure and biological composition. It is this glowing essence that the Great Archon and his host eat. And this titanic force has come up with a most creative way to guarantee for 'the host' of itself, an endless supply of this bright and powerful energy.

It has taken over humanity, narrowed humanity's vision and its potential, by projecting onto us and into us a portion of the host of itself. This dark imposition clouds the minds of humanity, lessening our perceptive possibilities, making humanity stupid, illogical, forgetful, emotional, petty, self-absorbed, and dependent.

Like cows confined to a non-existent pen, humanity's only concern becomes emotionally driven stupidities which guarantee that the vast majority of us will never leave this Earth, and that we will continue to give the greater sum of our life essence to this terrible non-organic host.

Now, you might be thinking that I am exchanging one set of *a priori* knowledge for another. That I am asking you to not believe in that rational stuff over there, but to believe in my Alchemy stuff over here instead, and if I were to end this course with just my point of view, you would be quite correct.

But this course does not end here: it is just beginning. And to continue, since I am bound by words, I need to present these concepts using notions and ideas, concepts and dogma, because it is the only possible way that I can hold your attention long enough to at least have you contemplate, the intricacies of a new perceptive possibility.

I present these Alchemical notions then in order to appeal to your rationality; to captivate your rational attention, because if I fail to do this, your mind, your very rational mind, may not pay attention.

What I am trying to do therefore is to give your reason a reason for my odd words and strange beliefs, by introducing a new causal-logical possibility. I wish to appeal to the reasonable part of your mind, by introducing a crazy outlandish possibility, that while not strictly rational in the ordinary sense of the word, is nevertheless possible and therefore within the realm of logical conceivability.

In this way, I hope to peak your interest enough to have you at least contemplate this different possibility. It is my hope that such direction of attention can help you open up new perceptive realities. In this way, such Alchemical ponderings by the mind, quite naturally thrusts a person's attention and intent in new directions. These new directions begin to allow for the manifestation of new possibilities: they begin to open new doors.

Quite simply, the contemplation of this Alchemical dogma, and the contemplation of the underlying subjective structures of that dogma, extends the perceptual possibilities of the person contemplating them, and therefore opens up the possibility that this person can replicate the powers available to an Alchemist.

Once that person, meaning once *you* can replicate these new abilities, and these new perceptive possibilities, then you become part of a new reality; and what once may have seemed an outlandish fantasy to some, becomes, hopefully in time as you practice the techniques in this course, an energetic fact for you.

But for now, let's say that I am not asking you to believe any of this new dogma I am presenting. As this course progresses and I am forced to describe things I refer to as energetic facts, I want you to try to not fall prey to the desire to believe something just because it might seem possible, maybe logical, or just because I said so.

Instead, I implore you to focus on the underlying active agent, *the energetic action*, the techniques and exercises, behind the dogma; which are essentially techniques designed to be able to manipulate energy.

I want you to use this dogma, to play with it, so that it impels you to work on the energetic exercises and the manipulation of awareness that are the true underpinning of this course.

Take nothing for granted, believe nothing; even your own senses until you gain more energy. Instead, just continue the work on the active agent, energy manipulation, which in this case means energetic absorption and re-absorption, energy storage, and energy refinement.

Do this until you can prove or disprove to yourself directly, to your own satisfaction, whether these things of which I speak are truly energetic facts for *you* or not.

The techniques described in this course, used with patience and persistence, will allow you to begin to uncover your own energetic facts. And as these facts, discovered and re-discovered using your own sensual perceptions and mental projections, grow in number they will allow you to come to your own conclusions about what is happening here on this Earth.

# Techniques

## Reason for Reason

In the concepts section of Chapter 1, I discussed the logic and the many reasons of the world; the 'whys' and 'because' of things.

In this general outline, while not implicitly saying so, we have come to understand that there is some difference between what could be termed reason, true logic, and a type of more personal and direct knowing that could be termed *energetic fact*.

In order to exemplify the large difference between reason, true logical understanding, and energetic fact, I have pointed out that, unlike true logic and energetic fact, reason can only function as a cohesive unit through the use of data that is *a priori*, meaning that it is:

**Knowledge arrived at independent of personal perceptions.**

This tells us that the existence of reason as a cognitive structure is only possible because of, and through, the consent of all involved, to accept as undeniable fact, data and information of all sorts, that comes from certain agreed upon sources within society. In other words, this information, data, dogma, or whatever you may want to call it, is not arrived at through personal experience, perception, or experimentation, but is information that comes from a source that is exterior to personal perception, and is most often accepted as undeniable fact without question.



*Figure 4 The many authority figures of the world are always trying to tell you what to do and what to believe.*



It is fair I think, to point out at this time in a more straightforward manner that true logic is not reason, but reason can be said to be a small branch of logic. Reason can be said to be a type of group-based deductive logical scheme that relies on the mass power of the group in order to impose a perceptive orderliness in human consciousness and therefore the human objective world.

One could think of reason then as being the enforcement arm that helps to bring about a certain slant to individual and mass consciousness, and I would dare to say that the evolution of reason throughout human history is really the refinement of a certain type of limited self-awareness and individuality. This individual consciousness is irreversibly linked to mass human consciousness, because the self that we call the individual is in reality, a product of a mass mental movement referred to as reason.

On a global scale, reason is responsible for creating a massive consciousness made up of billions of individual parts. Each person, in a world with a population of billions, represents one unit, like one cell in a gigantic global organism, and it is the mass of the thrusts of all those units, that make up the overall personality-ego and the resulting actions that the individual and the mass organism takes.

One could imagine that in some sense, the fostering of this giant global entity is actually a great survival strategy; being that billions of individual minds, working together, can accomplish geometrically far more than any one individual. This constriction of individual human consciousness though, in order to achieve this cohesive hive mind, while perhaps helpful to the whole, can be quite disadvantageous to the individual.

As the ONE is molded to serve the needs of the many, that ONE can no longer be said to be truly free, since the perceptive powers of that individual are highly restricted in accordance with the needs of this giant mass human organism.

Generally, in social sciences it is assumed that this collective grouping by humanity is both natural and beneficial to the mass of the group. But such an assumption (as are all assumptions for that matter) is quite dangerous, because as I will discuss in further detail as the course progresses, this form of hive-mind dogmatic reason, that has become more and more powerful in this age of technological interconnectedness, does not benefit the individual *not* the mass of humanity.

In order to try and understand these concepts and what a collective mind and reason may mean to you as an individual, I want you to engage in a bit of imaginative work. With the exercise below,

I want you to try and see the human world around you, not as a member of it but as a foreign alien entity.

## **Exercise: An Alien in an Alien World**

To do this I want you to engage in the fun exercise of imagining that you are an alien that has just landed on planet Earth.

Imagine that you are a lone alien being. You can either imagine yourself to be a highly technologically advanced being that has come down to Earth in a very powerful alien ship, or you can imagine that you are a highly spiritually developed alien that has come to Earth using only the power of your psychic force. But whatever kind of alien you may be, you have never seen or heard anything about planet Earth and the race of human beings that exist upon it.

But as an interplanetary traveler, documenting all the strange things that you see and experience, you plan to study the human race while in this area to see just what they are all about. In many ways you could say that you are like a newborn child with a super intellect, experiencing the whole of the human world for the first time.

So, through this lens, I want you to imagine that you descend from outer space and are now looking around this strange place and the even stranger terrestrial inhabitants of this green planet. You may, for example, be instantly quite thankful of the fact that your superior technology or mental powers render you invisible to earthlings as they might seem deeply primitive and hostile to you.

Once you are in this alien mind space (mental frame), open up your journal and begin to describe what you see on Earth. Remember that you know nothing about earthlings and you most certainly know nothing of their odd little slice of limited logic they call reason. You most likely would not believe any of their supposedly indisputable facts, even if you knew any of them, as you may find their incredibly primitive science to be quite flawed.

So, ask yourself, from this alien point of view: why is human science flawed?

Write down your answer.

Think about how such a being would describe a sports game, a TV show, a war, a religion, an argument on social media, a city.

Make point form descriptions of these things in your notes.

Remember that as an alien your logic and your reasons for doing things, anything, are far different from the humans around you. You are a completely different being from the earthlings around you, with different powers to act, with different types of senses, and therefore a totally different type of logic. Everything that humans do is totally new and strange to you.

So, from your perspective as this most alien being, are these planetary creatures happy or sad?

Does happiness or sadness really matter to you? What does happiness and sadness seem to mean to humans anyway?

What do they do all day? What is valuable to them? Is there a ranking order to humans? Who is on top? Why?

How do they think? Why do they think that way? What are their limits both physically, intellectually, and perceptively?

What are they willing to do for each other to get what they value? Do they help each other? Why?

What are their organizations like? What purpose do they serve?

Don't judge morally, you may not have morals as a human may understand that term, so just observe.

Imaginatively travel to different countries and observe people from all sorts of different places, doing all the things that people might do.

Imagine as you watch humans fight and kill each other to prove their point of view, their version of an undeniable fact. Why might they feel so strongly about these opinions?

Imagine what such an alien being would feel if it saw people hurting each other over a dispute as to whether the planet they lived on was round or flat for example. What would such an alien feel or think, knowing that the human world was neither round nor flat but was in actuality (from your alien point of view anyway) a hypercube<sup>[1]</sup> that contained within it, aspects of both a plane and a sphere from the highly limited three-dimensional point of view.

What would you make of their logic; their causal conclusions? What could possibly be the nature of your logic, being that you are far more intelligent and powerful?

And perhaps you may ask yourself as this alien being, do these humans matter to anyone at all?

Would such a powerful alien being perceive humans as just being funny colored mold, on the outer edge of an odd hypercube, on the outer edge of warp time dilation that few even know about?

A simple exercise like this can really help to expand your intellect and it can provide you with many new ways of seeing the world. I recommend that you spend a good half hour on this exercise and that you come back to it over time, dedicating perhaps half an hour each week for a month or two. You can even see if you are inspired enough to create an odd story about the alien

that came to Earth.

In order to extend this mental exercise, and your story, imagine that your ship has a problem and you are forced to land and spend time on this odd hypercube. You have sent a distress message but it could be many intensity dilations (movements through what an earthling may call time), before a rescue party can find you.

What do you do? Where do you go in the world? What places appeal to you? Why? Which places would you stay away from at all costs, and why? How do you think you will have to act to survive among them? Would you have to communicate with humans? Why? What will you have to say to humans? What would you want to tell them?

Do you stay away from humans completely, or do you try to use camouflage to blend in and try to act like a regular person? Do you try to help people? How? Why?

This exercise should help you to see the world from a third-person perspective, which is a more detached perspective. You are essentially contemplating two possible scenarios; one where you look upon the people of the Earth as an untouchable super being, and the other where you must live among the alien creatures that you had been previously studying from a detached perspective; a being who now needs to survive among primitive, semiconscious and dangerous mold.

This exercise will allow you to hopefully change your cognitive perspective enough to see the human world with a fresh set of eyes.

## **Exercise: Seeing Auras**

In the second exercise for this chapter, we are going to tackle the possibility of you beginning to discover, to 'see', your own personal Energetic Truths.

To do this, you will need to learn a new technique that will allow you to see the world, and use your visual senses, in a slightly different way. This should allow you to perceive energy in a more direct fashion. This new sensual ability will directly oppose the very reasonable belief that seeing energy with your eyes is impossible.

If you have read my book, *The Occult Experience*, then this technique will already be familiar to you. Whether you are familiar with the technique or not, as part of the exercises for this chapter, I do hope that you will practice seeing energy in a more direct way, by using the following technique as often as possible throughout your day.

In order to perceive auras, you need to use a technique that enables you to perceive more of the electromagnetic energy spectrum, something which many believe to be impossible. This slight increase in our perceptive abilities is nothing compared to the entirety of all that is Out There. But it is enough to allow you to increase our perceptions of the world, and in this way begin to enlarge the scope of what we believe to be perceptually possible.

Now, if you tell the average person that you can see auras, they tend to think that you are either a bit of a nut or full of bull, as they say. This is because it is incredibly difficult for the average person to even conceptualize, let alone believe, that there could be something more Out There, all around them, that could be perceived right now by them or anyone, if only that particular person were able to change his or her visual routines just a little.

If you are knowledgeable of human eye structure, then you will know that your retina has two different kinds of photoreceptors (these receptors pick up light and they are what make it possible for us to see). These photoreceptors are:

- **Cone Receptors** which are active at higher light levels. They are capable of perceiving reflected color and are largely responsible for spatial acuity.
- **Rod Receptors** which are responsible for vision in low light levels but which are not capable of perceiving reflected color to any great degree.

Most of us are pretty good at navigating visually through the objective physical world, and we do so for the most part by just using the cone receptors in our eyes. Few people though know that most of our night vision is only possible because of rod receptors. And while it is true that in a natural fashion these two types of receptors work quite well together, it is also the case that they can be taught (re-taught) to become even more synergistically powerful.

The art of seeing auras therefore is really the art of creating a more symbiotic relationship between cone and rod receptors; which is the art of rediscovering your *nocturnal nature*.

This needs to happen if we wish to see auras because by engaging the rods, we are actually able to perceive a slightly different range of the electromagnetic spectrum of energy all around us; this then allows us to expand the visual range available to us. Essentially what this means is that by training yourself to use rod receptors, in combination with cone receptors, in a more conscious manner, you will be able to see a greater range of the much *subtler* energy fields that

may have eluded you in the past.

In order to do this, begin by performing an exercise that will allow you to literally ‘see’ how the rods work. I suggest that you wait until night time and then turn off all the lights in a room. Allow your eyes to slowly adjust to the low light levels. There should be just enough light in the room for you to see a little bit.

When your eyes have adjusted and you can actually see a bit of the room around you, try to focus on an object in the room. That is, try to look at an object in the room and see what happens. You will most likely notice that if you try to look at an object directly, it becomes very difficult to make out that object clearly, and the more intently that you look at this object directly, the more likely it is that this object seems to melt into the darkness of the room.

Next, try to look at this object from the corner of your eye using only your peripheral vision. For example, you could look a little above or little to the side, but whatever the case may be, try to keep your attention on that object from the corner of your eyes. You will notice that through this *peripheral view*, you are able to perceive the object far more clearly than looking straight at it.

The reason for this is that the rods, which are responsible for night vision, are not spread evenly throughout your retina. Most of them are actually around the periphery of your vision; the periphery of your retina. So, in order to activate their proper function, you need to be able to look at things through the corner of your eye.

Therefore, in order to increase your night vision, try to navigate the dark room by looking at things through the corner of your eyes. By using your peripheral vision in this fashion, you will be using your rod receptors, and I am sure that you will be amazed at how much more you will be able to see in low light conditions.

As you engage in this peripheral vision exercise, you may notice again that even this increased night vision seems to dissipate slowly, again as if the objects before you are slowly being swallowed up by the darkness of the room. What’s going on here is that the rod receptors contain a rose pigment called rhodopsin or ‘visual purple’, and it is this pigment that is responsible for vision in low light conditions.

Interestingly, this visual purple is quickly ‘used up’ by the rod receptors and it therefore does need to be replenished quickly and often, in a conscious and repetitive fashion. In other words,

you need to replenish the visual purple in those ‘used up’ rods, or else you will quickly lose the clarity of your night vision.

You do this by slightly switching between the rods that you are using to see; this means that as you look at things in the dark room through your peripheral vision, you must also consciously keep darting your eyes back and forth around the room, or else whatever it is that you are seeing with your periphery, will slowly but surely fade into the darkness of the room.

By keeping your eyes darting back and forth, or perhaps circling around the objects that you wish to see in the periphery of your eyes, you are essentially using different parts of your retina. This means that you are consciously and mechanically engaging different rod receptors around your eyes, and allowing the used-up receptors to regain the rhodopsin that they have rather quickly used up.

By engaging in this technique, you should greatly increase your night vision.

Beyond this, this experiment gives you a good idea as to how the rod receptors work, and why peripheral vision and quick eye movements are so important when trying to ‘see’ subtle energy.

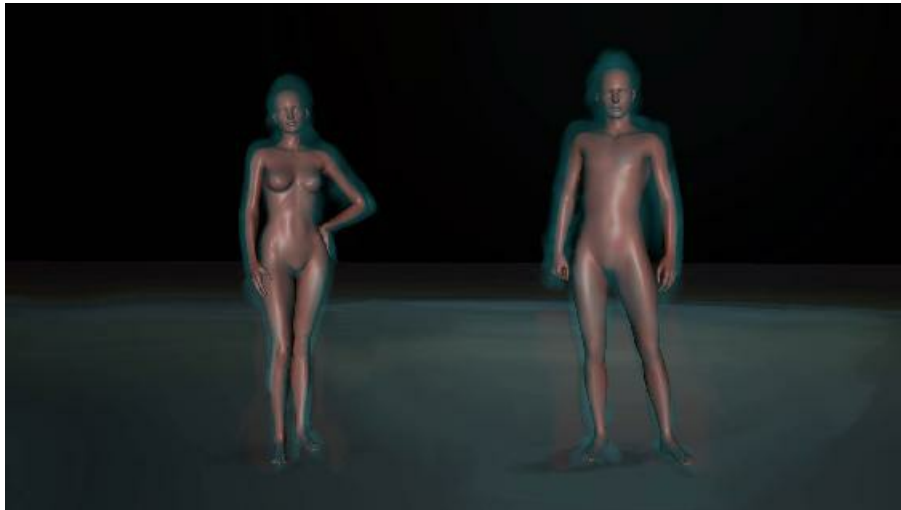
The next step is to be able to engage both rods and cones simultaneously so that you are actually able to perceive the energetic radiation that surrounds everything and everyone around you.

In order to clearly perceive auras, try the following:

- Have a friend stand in front of a white, gray or pale colored wall. Dim the light in the room but do not block it out completely, you want a twilight effect.
- Have your friend hold out his or her thumb approximately 6 inches in front of their face or body. Try to relax yourself as much as possible and focus your vision on the tip of your friend’s thumb. You want the thumb to be completely in focus, thereby making your friend’s body slightly out of focus.
- While maintaining your focus on the thumb, try to pay attention to the body of your friend that is now blurred. If you are very relaxed and you have the lighting at a good level, you will be able to see a thin corona or a mist of white or blue light around your friend.
- Try moving your eyes about while still maintaining that blurred focus on your friend’s

body. If you are having trouble, go back to the thumb and try again. When you are able to maintain that blurred effect, try looking at your friend's head and shoulder area, darting your eyes back and forth.

- You might be able to start picking up colors and these displacements might even turn into flares of energy that seem to radiate from your friend's body.
- Have your friend take a deep breath and think about something that they really like. Notice if there is any change in the aura that you are looking at. Notice color changes or intensities. Now have your friend take another deep breath and think about something that they really hate. Again, see if there's any change in the aura.
- As you are doing all this, try to memorize the feeling of what you're doing. The procedure is not very important in this case because it is quite simple. What is far more important is that you remember this feeling that you get from doing this exercise. Using this memory feeling, you will be able to duplicate this new visual routine in the future.



*Figure 5 An interpretation of what the human aura looks like when you are able to master these techniques.*

Once you have the basic idea of how this works, and you have a good internal feeling/memory of what it's like to do it, you need to go out and practice seeing auras as much as possible. Any place where there is low light will allow you to see auras clearly when you are getting started.

Eventually you will be able to see auras in most lighting conditions. If you are still having troubles seeing auras using these techniques then you are most likely finding it hard to relax and believe what you are seeing. Any problems that I have ever encountered with people not being able to do this has had to do with their ability to relax and get over their initial skepticism.



With enough relaxation and practice you will be amazed that you had not been able to see this energy before. My personal opinion is that we have always been able to see this energy, but we usually block this perception out because collective group dogma tells us that it doesn't exist and all of this is not possible.

When it comes to what each auric color means, there is great variation between different sources. It is my opinion that you should practice seeing auras as often as you can and that you make up your own catalog and reference guide of colors and what they may represent.

With practice, you should find it increasingly easy to see the glowing energy around others and the world around you, and eventually may even be able to discern energetic concentrations in and around the body that are referred to as chakras in yogic practice.

With practice you should also develop an increased ability to discern the intentions of the people around you, either identifying their intentions through the color of their auras or through your ability to see the energy that is being projected from their bodies.

If you get a chance to go to a paranormal or psychically active area like a haunted house or the like, try to use the technique of looking at things through the corner of your eyes. Using this technique, you might be able to pick up on color alterations in your field of vision which will indicate some kind of energy vortex, or energy accumulation near you. Such energetic accumulations are almost always the reason for hauntings and paranormal events of all sorts.

You can also use your enhanced vision to look for non-organic life forms. These non-organic life forms usually have very low and sometimes quite unusual auric fields. Large and powerful non-organic life is also able to mask these fields by affecting the conscious perception of the perceiver, so be cautious when dealing with these powerful life forms.

This technique though is fundamentally about practice and body memory, which can then change your beliefs about what is possible. Anyone who is relaxed and confident enough can become good at this technique over time.

Expand your capabilities with practice and the 'desire' to see more; to see auras. In time, you will discover the amazing complexity and energetic reality of the world around you.

## Exercise Summary

I hope that I haven't overwhelmed you with the exercises in this chapter. Remember what I said about effortlessness being the key, so take as much time as you need with these concepts and techniques and don't push yourself: shoot for inspiration, not enforcement. A suggested schedule:

- **An Alien in an Alien World:** 30 minutes each week for 4 to 8 weeks.
- **Seeing Auras:** as often as possible throughout your day, in various situations and environments.

When you feel that you are ready to move on, make your way to the next chapter.

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[\[1\]](#) A hypercube is a cube that exists in four or more dimensions.



## CHAPTER 2

# I BELIEVE THEREFORE I THINK

## Concepts

What do you believe?

What is a belief?

The dictionary[\[1\]](#) defines belief as:

- 1: a state or habit of mind in which trust or confidence is placed in some person or thing
- 2: something that is accepted, considered to be true, or held as an opinion
- 3: a conviction of the truth of some statement or the reality of some being or phenomenon, especially when based on examination of evidence

This is a great set of definitions, but how do you use this knowledge?

How do you find out what you believe? And why would you want to?

As part of the exercises in the techniques section of this chapter, I am going to ask you to question your own beliefs on three major topics:

1. life
2. being happy
3. personal power

Keep these three topics in mind as I continue with this section on beliefs and belief structures.

Right off, as you perhaps lightly contemplate your beliefs on the above topics, you may notice that finding out what you believe about anything, can be a bit more challenging than you might have suspected.

In order to find out what you believe, you need to be very specific about what you are asking yourself. You need to think about things within the context of other things, and you need to

explore your feelings, even certain feelings that might seem almost subconsciously buried.

It must be noted that beliefs are subjective things, and as such, you need to look into yourself and examine aspects of your personality that can seem to be highly plastic and unstable, unreal, and perhaps obscure and mysterious as well.

What I mean by this, is that it can be easy at times to lie to yourself, insisting that something is so, or that you feel that it is so, because you really want something to be a certain way, to believe in a certain thing, even though deep down, you don't feel or believe this at all. In other words, we are all really good at tricking ourselves, and for that reason, the subjective experience and our ideas about beliefs can sometimes seem dreamlike, or otherworldly. Such a subjective world then, may seem to have hidden corners where our true beliefs lie as invisible things, hidden behind walls of our own creation.

Honesty and deep sensitivity therefore, are paramount when exploring your personal beliefs, and you must have the patience to root around in your subjective world for a while.

If you can do this, with persistence you can begin to realize that personal beliefs are not the ethereal things they seem to be, because you will begin to see that beliefs are the basic interconnectors of our entire psyche, and that they shape all of our perceptions as human beings.

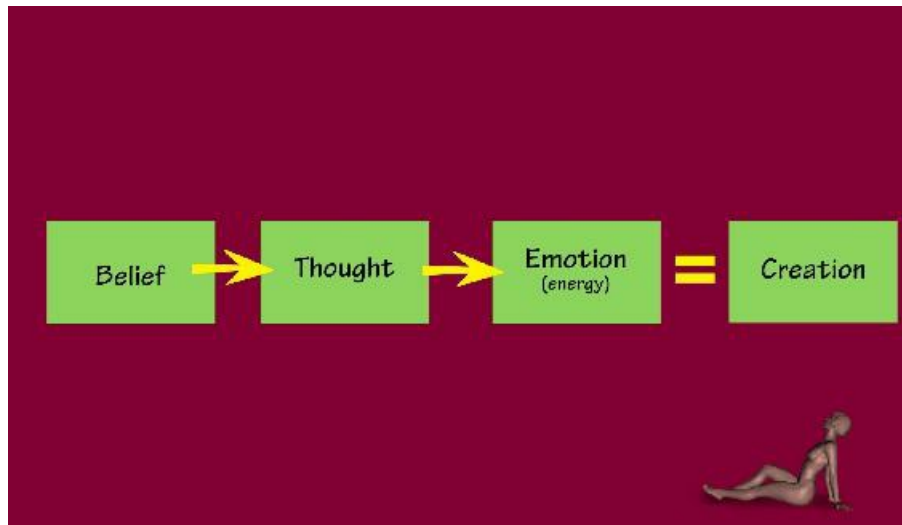
When confronted with your beliefs, you will find that while you may trick yourself by lying about what you should believe, or what you want to feel, true *core* or *base* beliefs, are not changed so easily. The power of these core beliefs is such that they can shape every aspect of your physical life.

Beliefs are the underlying structures that shape our lives. Beliefs are quite literally the underlying psychology, the underlying mental framework, that shape our personal essence.

And it is mass beliefs, that is, the beliefs held by the mass of humanity, that shape our human world, and our place in it as individuals and as a species.

Beliefs focus attention, and create a general or specific channel of intent, which projects energy. And it is this projected energy that truly gives shape to the world.

Simply then, beliefs create and give direction to thoughts and ideas, and these thoughts trigger or induce emotions that then naturally propel raw and very powerful energy, through and around the body, and into the environment at large.



*Figure 6 The order of actions, both internally subjective and physical, that bring about all material creation*

By understanding your beliefs, you begin to truly understand yourself, and it is in this way that any person can begin to see how they shape the reality around them.

Explored deeply enough, you can even discover one of the many doors that lead from the human psyche into the eternal darkness Out There, and in this way discover a point where the individual person, the individual you, comes face to face with an external force.

A force driven to impose, what we may perceive as deep and powerful core beliefs into the human mental structure, which then direct our awareness at a base and fundamental level, in ways that are not to our benefit.

However, this powerful intent is not projecting thoughts and beliefs as we may understand the term, like some kind of giant propaganda machine, for example. It is actually pushing its intent, which is an energetic thrust into our mental core in order to change our collective minds, our mental structure, and therefore our awareness and the underlying focus of our attention at a very deep level. As a result of this energetic thrust, we then perceive this intent as a powerful set of beliefs, that we feel originate from ourselves, from our inner mind.

So, beliefs then create your reality, but most of your beliefs are not your own, because you are not who you think you are; because your mind is not strictly yours alone, not completely.

Through the understanding of your beliefs, imposed or otherwise, you can begin to understand how the world works. You can discover how you came to perceive the world as you do, and you can discover how we manifest and give shape to this world also.

Therefore, it is most important to explore the personal beliefs that you hold!

Begin by exploring the beliefs you hold on the three topics mentioned at the beginning of this chapter:

- life
- being happy
- personal power

Do this by exploring your feelings and intuitions as you focus your attention on those three topics. It could be said, that in a very real way, this exploration is a journey, a movement of the personal self, from one point in your psyche to another.

On the concept side of things, let's very lightly contemplate what we need to do to explore such beliefs.

We could start, for example, by trying to discover our beliefs about life.

- It is always a good idea to start with a definition. What does the dictionary say, what does the mass of the world say about this one thing; about life, about the meaning of life?
- Then you can ask yourself if you believe this definition completely. Are there parts of this definition that you don't agree with? What are they?
- As you answer this question and the many that follow, it is important to explore your feelings and intuitions, and perhaps the many pictures and situations that can run through your mind as you do so.
- Sensitivity is very important as you may well imagine. It is also important that you do this in an environment where you can deeply introspect without being interrupted, because having someone or something tug you away from a deep journey like this can be jarring, and it makes it more difficult to get back to those depths after being pulled out so quickly.
- Within the throes of these personal questions, and as you pay attention to your inner environment as you progress along with them, you must continue this line of questioning by constantly asking yourself: why? And then why on top of that, and then why again.

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For example, you may follow a certain line of questions that lead you to ask yourself, "How do I know I am alive?"

Go through this question in the fashion mentioned (by defining it and then asking yourself whether you agree or disagree with the definition). Reading the definition, you might reply to yourself, "I know I am alive because I am breathing."

What you need to do next is ask yourself, “Why? Why do I know I am alive because I am breathing?”

To which you may answer, “Because it is a well-known fact that all living things are made of cells and all cells breathe.”

Again, ask “Why? Why do I believe this notion, this commonly understood fact perhaps, that all living things breathe?”

To which you may answer, “Because science, scientists, or common sense and reality say so.” Next, you may ask, “Why is that right?” And perhaps you will begin a new line of questioning here, “What is common sense, and who defines what is and what is not common sense?”

This is just a small example of how you can uncover a great deal with just a few questions. Such revelations can open up a whole world of illuminating introspection that can bring about personal enlightenment! In the techniques section of this chapter you will have the chance to explore this personal questioning technique further.

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With patience, honesty, sobriety, and sensitivity, you will eventually find a *core* belief.



*Figure 7 Core beliefs are the pillars upon which we create our entire existence.*

This core belief may be found in a deep place, a place that needs to be discovered through the exploration of inner feelings and personal metaphors. This is a more obscure inner part of your personal psyche.

A core belief, is a belief that is at the foundation of all the other beliefs that come before it; in respect to this one topic and perhaps many others, because if you change this one belief, you will be changing all of the other beliefs that you may have about the meaning of life, and what being alive means, and about what common sense might mean.



As you begin to discover your own core beliefs, it is very important that you begin to explore what they are all about. What do your core belief say about you? About the nature of your life? About how you see the things around you?

If this belief is the result of common sense, or what common sense is generally to you, then what are you not seeing as a result of this supposed undeniable fact, this core inner knowing? What are you assuming?

In other words, what are you focusing your attention on and what are you not focusing it on? What do you see and feel, and what might there be left to see and feel that you are completely ignoring, because of your deep focus of attention in only one direction?

Further, what might you be creating, manifesting, transmuting into existence, through the power of your highly focused and unquestioned direction of attention?

Can you see a correlation between this belief, this supposed fact, and the way your life is now? The way that you perceive your life to be now?

# Techniques

In the first chapter we began to contemplate something called *a priori* knowledge. This is knowledge gained through methods independent of personal experience, and as such, all such knowledge is, to one extent or another, based on faith.

The receiver of said knowledge must take it on faith that the knowledge or data that they are receiving is true, even though they cannot for one reason or another, verify this truth for themselves; either through their experience or experimentation.

Some would say that this is not an inherently bad thing as long as one can correctly assess the authenticity of the authority figure conveying this knowledge. And some many also point out that an intelligent and logical person can, to some degree, validate one data set by correlating it with others.

But all such appeal to the possible trustworthiness of certain *a priori* data points does not really spell out clearly enough the huge difficulty that one can encounter, when one wishes to verify the verifiers. Meaning that quite often *a priori* knowledge is not just second-hand information, where you may have the possibility of checking a certain source, but is most often third or fourth-hand information and data that was gathered using principles and theories developed from other *a priori* data. So, in the end you have a whole system of knowledge, all based on a rather shaky foundation.

Oftentimes when attempting to verify data, most people have to rely on state sanctioned badges, certificates, and titles that do not tell them anything about the reliability of these authority figures, but only about the faith of others in the organization that provided such titles. Faith, from yourself and others, that these organizations will correctly regulate who gets these authority badges, and that these organizations are efficiently policing these authority heads, because as many very well know, corruption can become part of any human structure.

Note that this faithful reliance on others includes data acquired through scientific experimentation and research of all kinds. This is so because the average person has no way of duplicating and therefore verifying any of the more complex experimentation and research that forms the foundation for most modern knowledge.

**Faith equals rationality, and this faith is the foundational principle that creates all belief.**

**Belief is the acceptance that something is true or that something exists. Belief therefore is the cohesive force behind the human psyche.**

In this second chapter we are focusing on this most powerful life shaping force: Personal Beliefs.

Personal beliefs are the scaffolding of the mind, and *a priori* beliefs are often times some of the most powerful beliefs that make up this internal mental framework.

What this means is that as you explore your beliefs, and the reasons why you may believe what you believe, you will almost always reach a point where what you believe is either completely reliant or reliant to some degree on knowledge, data, or dogma, that you gained through methods independent of personal experience; in other words, faith-based beliefs.

This, as I mentioned in the first chapter, is not a bad thing per se, as long as those disseminating that bit of knowledge can be trusted. However, you should become aware of this reliance on external group think.

As you progress in your study of Alchemy, you should strive to reduce your reliance on external faith-based information as much as possible.

Such reliance greatly limits the possibilities of your sensual perceptions and awareness, and therefore your capabilities and potential. *A priori* belief does this by keeping your perceptions and identity confined within a narrow band of subjective and objective action acceptable within the realm of rationality or group think.

Another great problem with reliance on *a priori* knowledge is that this reliance has been exploited throughout human history in order to manipulate and control the mass of humanity. And an Alchemist, as a matter of course, is someone who fights against all such external control and deception.

**For an Alchemist to progress in their development therefore, it is very important that they begin to explore the structure of their minds by exploring the nature of their personal beliefs.**

To begin to explore your personal beliefs, you must simply begin by engaging in introspection.

I highly recommend that you engage in the exercises that follow, as they will, if nothing else, begin to open you up to the great depth of your internal world. And if you can perform these exercises with consistency and patience, they will not only greatly expand your ideas about the complexity of self, they will also help you to attain a type of true personal enlightenment!

Nothing else in this world, neither studying under some great guru or ingesting whatever psychotropic you may desire, for however long you may desire, will bring about such a powerful and general sense of enlightenment, as the act of discovering your personal beliefs. As you begin to know yourself and the inner makeup of who you really are, you will also begin to know more about the human collective that you are a part of.

## Exercise: Introspection

In order to discover what your true beliefs are, especially core beliefs (which are the true base pillars that support and hold your conscious self together), I have asked you to begin by discovering what you believe about three personal topics. You do this by simply asking yourself, “Why do I believe what I believe about these three topics?”

These three topics are:

- life
- being happy
- personal power

For each of the above topics, complete the steps below:

- Begin this introspective exercise by taking some time, when you have a quiet moment and can hopefully be alone in a quiet place, to jot down in your journal the many impressions that will come into your mind as you begin to explore the structure of your inner world.
- If, for example, you try to discover what you believe about personal power, you could start by first trying to define what personal power means to you, and writing this down in your journal.
- Once you have worked out a definition that you feel is completely correct, using conventional sources like a dictionary, Wikipedia, and your own personal introspections, ask yourself, “Why do I feel that this definition is correct?”
  - If, for example, you define personal power as the ability to exercise your *will* upon the world, or the ability to travel beyond this dimension, ask yourself why you feel that this is correct. What does “exercising your *will*” and/or “travelling beyond this dimension” mean to you?
- The answers to your first question may be something like, “This is a deep desire of mine”, “This is what most/some in my tribe believe about power”, and/or “A person/guru I greatly trust has said that this is so.”
- Next, you must continue down this list by asking yourself why you feel the desire to have such ability, and why you believe your tribe/guru.

- Continue like this until you feel that it is not possible to go any further, until you feel that you have reached a core belief; a belief that stands on its own and is the foundation for this belief and other related beliefs.
- Depending on the nature of the belief in question, and the complexity of your own internal framework on this matter, this introspective exercise can take one session or a number of sessions. It is also always a good idea to take a break from such introspection and come back to it in a day or so. After that time, see if you still feel that your answers are completely correct or if they need a little tweaking.
- Now that you have identified the core belief beneath your beliefs about personal power, examine this core belief. First, examine this core belief from a personal standpoint and then from a completely detached one. Try to see this belief from a personal and self-interested way, and then try to see it from a completely detached third-person perspective. For example, you may want to consider in a detached way how such a belief could have dramatic consequences for anyone who might wholeheartedly believe it.
- You may discover that a belief like this most often contains within it some *a priori* information:

For example, it could be that you believe a whole string of ideas about personal power, as a result of believing the information circulated by a certain person or group. Your belief that this information is completely true, and beyond reproach, can make this core belief incredibly powerful in shaping your life; making it a Foundational Framework of who you are. Such foundational frameworks affect huge parts of your personal psyche and you can therefore completely alter your life if you are able to change them, or even consciously realize the nature of their existence.

The most important thing to realize is that this incredibly powerful and transformative aspect of your personality is, in essence, an external influence. There is most likely, whether you are willing to accept this or not, no definitive way to prove the complete truthfulness or falsehood of the belief that you now have.

A core belief can also exist alongside beliefs that may seem to oppose it. Such beliefs can be said to be contradictory beliefs, and can quite easily exist within your inner psyche alongside their opposite. If you have never taken the time to examine your personal beliefs you may be in for quite an awakening when you realize just how contrary your mind really is.

These contradictory beliefs are responsible for the many inconsistencies in our personalities and our actions. Examine these contradictory beliefs when you find them and question their validity. Such examinations are often the only thing needed to overcome the contradictions that these seemingly hidden beliefs can cause, because upon close scrutiny a contradictory belief will most likely fall away or change.

- Finally, do a terribly difficult thing. Playfully imagine what it would be like to change this oftentimes sacred belief. Then contemplate in what way you would change if you were to change this particular core belief:

- How would your personality change?
- How would the acquaintances you keep react or change?
- How would your actions change? And therefore, how would the whole of your life change?

Now do this exercise with the other two subjects: life and being happy. Try to see if there is any correlation in core beliefs between these three subjects.

## **Exercise: Playing with Your Beliefs**

Now that you have a better understanding of the power of personal beliefs, it is time to learn to play with these beliefs and begin to discover the plasticity of your own mind. To do this, try the following fun exercise:

- Pick up a newspaper or go to a website that is full of beliefs and opinions that are completely different than your own. If you are a somewhat skeptical person then find a website that talks about the most outlandish paranormal things (from your point of view), as if they are undeniable fact. If you believe in the paranormal in a deep way, then go to a complete skeptic's website.
- Now, I want you to read as many articles as you can and try to believe, to really, really believe, that everything you are reading and seeing in these articles or videos is completely true; that all that you see or hear is undeniable fact.

Since this can be an incredibly challenging exercise depending on the topic that you choose, I recommend that you start out by not picking something that may be too hard for your personality to handle.

- In this exercise you are playing with beliefs; you are forcing yourself to completely believe things that seem ludicrous to you. So, as you perform this exercise, pay attention to your feelings, to the thoughts that run through your head, to your subjective reality, and to the nature of the effort that you have to make.
- If you are successful at maintaining these new perhaps seemingly silly beliefs, can you see and feel how they may begin to change how you perceive the world over time? If you are not very successful at believing what the articles are saying, try to explore the nature of those barriers that stop you from maintaining these contradictory beliefs, and ask yourself why these psychological walls within you exist. Is there any possible way in the world that maybe you could be wrong in your beliefs? Why? Write your thoughts down, they are important.

- Note that mastering the ability to make yourself believe the impossible is a highly practical skill because it can allow you to channel great amounts of psychic force. Through this believing technique you can literally re-shape your entire life.

As an example of the power of belief in action, I recommend that you read two articles on [johnkreiter.com](http://johnkreiter.com): *How to Create a Servitor to Do Your Bidding*, and “*The Occult Experience*”: *Question 1, Belief Creation*.

## Exercise Summary

Try to do all of the exercises that are part of this chapter every few months, perhaps twice a year at the very least. These exercises are important because they will not only increase your intellect and bring about a type of personal enlightenment, they will also begin to make your conscious awareness far more fluid. This flexibility will in turn allow you to move your Cognitive Position (the position from which you perceive and know of the world around you) from its current position.

Once your Cognitive Position becomes more fluid as well, the only thing that will stop you from moving beyond your current self-imposed limits will be the amount of personal energy at your disposal. And fortunately for you, this is something that you will be learning in this course.

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[1] "belief." *Merriam-Webster.com*. 2019. <https://www.merriam-webster.com>.



## CHAPTER 3



# ATTENTION AND THE DOOR OF DESTINY

## Concepts

As you read this text and perhaps look around you at this moment, you are paying attention. When you focus your consciousness on something, you are paying attention.

If we try to use the dictionary<sup>[1]</sup> again to define what attention is, we find that this time it is a little harder to get the more Alchemical and energetics-based definition that we are looking for.

The best that it can do is to tell us:

- a: the act or state of applying the mind to something
- b: a condition of readiness for such attention involving especially a selective narrowing or focusing of consciousness and receptivity

This is somewhat helpful. Personally I would consider the act of applying the mind to something to be a great start. To this though, I would add that from an energetic point of view, the act of paying attention is the act of creation, the act of directing energy, either consciously or unconsciously, through the medium of intent.

Paying attention is the act (the doing) of creation because quite simply, every time you focus your attention on something, you are projecting energy from the core of your being into that something, and are quite literally bringing it to life.

Attention creates. It creates our individual world. And the mass of human attention creates the human world; which if you will remember is something that I said that beliefs do, but I did specify that beliefs do this by focusing and directing attention. And it is the focus of attention that is really responsible for the world that you see, or *don't* see for that matter.

Now, this does not mean that the world doesn't exist without you. It does not mean that if you don't see the tree fall in the forest, the tree and perhaps the forest don't actually exist.

What it means is that each person creates a personal version of this world. The world therefore is both a very individual event, and at the same time it is a shared event, one you share with all of the beings that are a part of this dimensional plane.

Your physical senses, which you may rationally believe pick up energy (electromagnetic energy) from the environment, actually project energy first; they project energy through attention because the physical senses are really attention focusing and modulation organs. And it is this attention

that creates your personal world. The energy projected through this attention gives the world substance, thickness, and it is this thickness that you then classify as sight, sound, feeling, etc.

Attention then is an actual force in the world, a type of very specific and powerful energy that is used consciously and subconsciously by all human beings.

**Attention is flexible;** it can be focused on many things, it can jump from one thing to another thing in an instant, or it can be focused on one thing, excluding, for the most part, everything else in the world.

You could say therefore that you can vary the degree of attention that you give something. For example, you could give 15% of your attention to a television program, and 85% to a conversation with a friend at one particular time, or vice versa.

Because attention is so flexible, it is possible to spread your conscious attention around too thinly, which can make you lose coherence and can affect your ability to act efficiently in the world. This is the reason why some say that multitasking is not a positive work strategy: you might be getting more work done, but the quality of the job oftentimes suffers.

Our conscious attention is like a commodity, a product, that we all have a bit of, to varying degrees between people, depending on how much mental training and natural energy we may have, and - and this is the important point for Alchemists - how much personal energy we may have been able to absorb from the world around us and store within ourselves.

You see, attention is something that can be developed and refined, but to Alchemists it is also something that can be accumulated and stored.

And with it, an Alchemist can permanently change his or her personal reality, in ways that are beyond imagining!

You could say in that sense then that the techniques presented in this course are about the taking back of that energy; that power to engage in focused attention; a power that we lose as we live out our lives here on this planet.

**So, you could say that this course is indirectly about the accumulation and refinement of attention, which is done directly through the process of energy accumulation and storage.**

By taking back the energy that you give up to the world, you naturally increase the power within you, and therefore the power of your attention. With this extra power, your life changes naturally; you become more focused, more aware, and over time this allows you to be able to

engage in perceptual leaps that would have seemed magical before.

The absorption *and* re-absorption of energy can also make you more physically vigorous, and more successful in anything that you may engage in. Alchemists therefore consider energy absorption and re-absorption, to be the most important action in the life of any person.

Finally, you could say that attention is a type of energy projection that you engage in every day.

Most of this projection of attention, as you might suppose, is unconscious, and it is the case that for the most part, your physical senses are always on.

Another way to say this would be to say that, while engaged as living biological beings in this physical plane, your greater essence impels you to focus a large sum of your attentive potential on the physical world, which you do through your physical senses.

A subconscious part of yourself, just like your autonomic nervous system, is always committed to keeping you securely focused on this world; both physically and mentally. Otherwise, you would indeed be lost, like some in mental hospitals; lost in worlds beyond the physical here and now moment.

Even though your attention is always on, and for the most part focused on the physical plane, this focus of attention on the rational and physical world is to a large degree beyond most people's conscious control: it has become an imposed focus of attention. Not because this is the only option available to us, nor because this is the way that things should be, but because most of us just don't have the inclination or the energy to change this state of affairs.

The vast majority of us, to one degree or another, are unconscious beings: asleep. The main thrust of our attention is never considered, or exercised in any real conscious manner. We rely on beliefs, most often beliefs imposed on us by the world at large, to control the direction of our attention. Beliefs can do this, as you will remember, because fundamentally they are structures that trap and direct attention.

Beliefs are conglomerations or gestalts of thoughts and ideas that focus the conscious and subconscious attention of a person in a very narrow and particular direction. Being that it is the power of attention that creates worlds, beliefs shape personal reality by directing attention.

Now, attention is the primary principle, and beliefs are the outermost scaffolding that provides structure and shape to reality.



*Figure 8 Your Belief System (B.S.) creates your reality tunnel, your telescope, and this powerful focus of attention creates your personal reality.*

I have said that beliefs shape reality by creating an underlying edifice, which are responsible for the thoughts and ideas you have. These thoughts and ideas further excite and oscillate energetic elements within the body-being; elements that you refer to as emotions. It is the combination of those thoughts, that are directed by beliefs, and given great power through emotional energy, which create the world you experience, both as an individual being and as a part of the human collective. We can refer to this huge and most important structure as *mass beliefs*.

Beliefs are highly important, but it is attention, as a force, that is of the greatest importance. Without it you can't be said to really be alive in this world, or any other (this is a very important point!).

This may all sound a bit pedantic in the context of energy absorption and re-absorption, and some have accused me of explaining too much before getting to the nitty gritty, as it were. But I believe that all of this information is highly important. Without a core understanding of why and what is involved in the creation of the *complete* work, there is no true motivation, and whatever motivation there might be without explanation, is not long lived. On top of that, whatever action does take place has the possibility of fracturing in oblique directions when there is no true understanding, which is a most dangerous thing because these oblique roads lead to annihilation, not freedom.

In other words, this foundational buildup to the final techniques is needed for two main reasons:

1. It can tell you why you should try so hard to absorb and re-absorb all your lost energy.
2. These longer explanations can tell you what the road looks like as you engage in these energetic techniques, so that you do not get lost along the way. And if you do, with the explanations given, you can hopefully correct your course and get back in line with your truly desired destinations and outcomes.

Because beliefs are so important, being that they are attention grabbing and directing gestalts, we discussed the possible outcomes of changing our beliefs in the last chapter. I did not though, show you how to change beliefs, which may seem rather silly being that beliefs are so important, but I do have a reason for not doing this.

I said that it is possible, through introspection, to discover your underlying core beliefs and change them, if you so choose, in order to change the circumstance and the direction of your life. This can be a very powerful and highly effective way to re-shape some of your personal reality.

Now I must point out, that there are a couple of problems with just working on personal beliefs:

- The first is that this type of action (discovering and changing negative beliefs) requires a great deal of personal attention, and as I have said, attention is a limited thing for most of us. Even when you have the time to explore your beliefs in depth, the type of introspective focus required to search out and then try to change those beliefs can be considerable at times.

It's not an impossible task certainly, but it can be hard work, and it is possible that your attention may not be up to the task. Add to this the fact that our inner psychological makeup, is an ever-changing labyrinth with many doors and riddles, and you can see why some can spend years in psychoanalytic care.

- The second problem with only working on personal beliefs, as I mentioned in Chapter 1, is that there is a great dark force out there, that is quite literally clouding your mind, by changing the focus of your attention, and by imposing, or pushing into you, belief structures that are not in your best interest.

The result of this energetic imposition is that trying to change your personal beliefs is not a strategy that will work in the long run!

It's NOT possible to beat the Archon that way. It's not possible to attain any kind of personal freedom in the long-run using these techniques, because the moment you think that you have understood and cleared up current beliefs, new ones will be formed. Some positive, others negative, and most quite unconsciously deposited into your mind through societal and subliminal repetition, and the collective human unconscious by a human world completely dominated by the beliefs of the times, which are created for the most part by the great Archon.

There is a better way to deal with the entrapment and the predicaments of this life. A way that does not entail dealing with beliefs alone, but attacks the problem at the fundamental core. It attacks this problem at the *attention core*, at the energetic core that is the fundamental essence of all humanity.

What this means is that in order to overcome the negativity imposed on you by the Great Archon, you must do two very important things that are completely intertwined:

- The first is to develop and hone the power of your attention. By doing this you are quite literally creating doors into the many seemingly magical worlds available to all us humans.
- The second is to learn how to store and refine that attention power that you need to work magic(k) in your life.

**In the techniques section of this chapter you will learn how to refine and exercise your attention, which is a hugely important task!**

**As the course progresses you will also learn how to acquire and refine the energy needed to make this attentive power a truly formidable force.**

# Techniques

Attention is perhaps the most important thing in the world for us humans. One could imagine that an Alchemist might say that energy is the most important thing, and indeed energy is of life and death importance, but it is not possible to acquire, maintain, and direct energy without the power of attention. For that reason, I would argue that a *disciplined attention*, to whatever degree even a low energy person can muster, is of greatest importance because without this, we are powerless, there is no way for us to move forward to any great degree.

So, whatever your energy level at the moment, it is very important that you begin to manage and discipline your attention as soon as possible. Through this discipline you can begin to channel and absorb energy, and as you gain more and more power, your attentive power will increase so that in time nothing would be impossible for you using a combination of great power and highly focused attention.

## Exercise: Paying Attention to Yourself

The best way to begin this life changing process of disciplining your attention, is to start by seeing just how scattered your attention is at the moment, and then use the impetus from this realization to engage yourself in actively exercising your focus and attentive power:

- I would recommend that you start this process by paying attention to the many thoughts and feelings that run across your mind during an average day. Try therefore, as an active and daily exercise, to pay more attention to your mind throughout the course of your day.

As you progress, see if you can pay attention to the contents of your mind for longer and longer periods; a simple concept really but an almost impossible one to actively pull off for extended periods of time. As you will discover, it is very difficult to pay attention to all the thoughts, concepts, feelings, notions, impulses, ideas, emotions, etc. that develop or seem to pop into your mind throughout an average day.

- The best way I find to do this is to imagine yourself as being a spectator; a spectator of your mind.

Don't try to detach yourself from yourself, because this can halt the natural stream of thoughts that go through your mind, but instead immerse yourself *within* yourself and watch your consciousness unfold before you. Try not to judge, just watch and pay attention.

I think that you will be surprised by the great variety of action/activity within your subjective mind, and by the amount of inner material that you, for the most part, don't even remember engaging in from one moment to the next.

- Another thing you will soon realize if you take on the challenge of paying attention to your mind, is that you are probably not that good at paying attention to this internal flow. You will notice that your attention is quite easily distracted, and for the most part, most of our subjective experience is experienced in a seemingly subconscious or somnambulistic way, since we are hardly ever completely consciously aware of even a quarter of all that we experience subjectively.

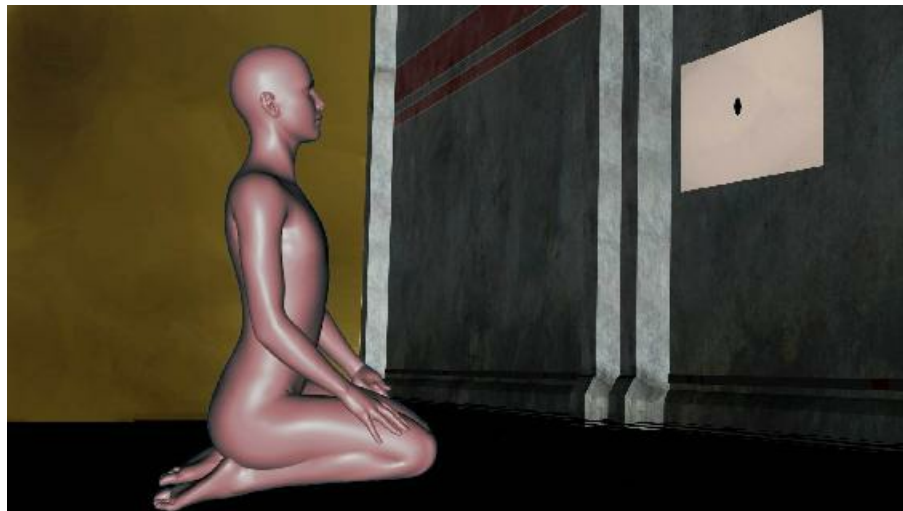
The reason for this is that human attention is highly undisciplined, and as you try to stay conscious of your internal panorama, before you know it, you will forget about paying attention to this rich panorama and lose yourself in a semi-conscious daydream, memory, or physical activity.

It's hard to pay attention to yourself!

- You will also begin to note that trying to pay attention to any task, either physical or mental, is almost impossible for you for an extended period of time. The mind just wants to run away, it wants to do its own thing, and when it is not running away, it seems to want to be full of random thoughts and memories, quite often of a negative nature.

So, the exercise of paying attention to your internal world is a highly powerful technique, and a very hard one to master. But if you are able to become proficient at it to a greater degree, it can be invaluable in later development as it can allow you to direct the focus of your attention with much greater ease, and it can also help you to understand the many layers of your own consciousness.

## Exercise: The Dot on the Wall



*Figure 9 By focusing your attention completely on one thing for an extended period of time, you can learn to master your attention.*



You will most likely note, thanks to the above exercise, that your mind is quite unruly and that for the most part you are living a somnambulistic (sleep walker's) existence. This lack of attention power is very detrimental and I can tell you now that without a powerful attention it is impossible to consciously progress in any endeavor that you choose (especially Alchemy).

This, I hope, will motivate you to try and develop your attention muscle. Fortunately, the second exercise presented in this chapter is very good at doing just that:

- Take a small sheet of paper, and make a small black dot on it. The dot's ideal size would be about  $\frac{1}{4}$  of an inch or half a centimeter in diameter. The size of the dot or the color of the paper are not critical, just make sure that it is a high contrast dot on a clean paper.
- Now, find the most comfortable, and quiet place in your home. Take some tape and stick the paper to a wall. Sit in front of the dot that you have created. You can either sit on a chair or sit on a comfortable pillow cross-legged, as you prefer. Sit however you are most comfortable and make sure that the dot is in front and a little below your line of sight. You don't want to strain your vision by having to look up at the dot. I personally like this dot on the wall to be slightly below eye level, and I like to sit about three to six feet from the dot (the most important thing here is your personal comfort).
- When you are very comfortable with the dot's position in front of you and how you are sitting, I want you to start staring at the dot. I want you to look at the dot, and only the dot, so that you become completely focused on it to the exclusion of everything else. Your vision might start to get blurry so keep blinking and make yourself blink a few times in a row if needed.
- Stare at the dot in front of you. Forget about who you are, where you are, how you are sitting and anything else that does not matter or pertains to you staring at the dot. Focus only on the dot. If any thoughts arise, which will surely be the case, then stop that thought in mid-stride and continue to think only about staring at the dot. Remember to keep your eyes focused on the dot.
- You will catch yourself over and over again thinking about the past or the future or any old daydream that happens to occur. You may wake up suddenly as if from a dream and realize that you are supposed to be staring at the dot but you were actually thinking about some random thing that you may only vaguely remember now, after suddenly 'waking up' from this waking dream. When this happens, cut that invading thought as soon as possible, don't chastise yourself, and just simply begin to once again concentrate on thinking only about staring at the dot.
- Try to always keep good posture so that you do not strain your back, especially if you are sitting cross-legged on the floor. But aside from a straight back, forget about your physical comfort or discomfort as much as possible.
- The task is to make the dot and the act of staring at the dot, the entire focus of your life. Continue to do this for fifteen minutes.

As you first begin with this exercise, you will find that there are a million and one

distractions and it will probably be very hard to endure fifteen minutes of intense focus. But don't worry; this will change with practice until you get to the point when you will wonder how the fifteen minutes went by so fast.

- When fifteen minutes becomes relatively easy for you, extend the time of your focus meditation to thirty minutes. Do not get upset with yourself for having all those random thoughts, impulses and feelings. Just remember to end these distractions as soon as you realize that you are dreaming, and redouble your efforts to concentrate on the dot. The mere act of attempting to do this exercise will allow you to develop a great deal of focus and discipline.
- Do this exercise three times a week for a month and you will see for yourself the difference it makes in all aspects of your life. That is my challenge to you; try this exercise for a month and note for yourself how much it has affected your psyche and your everyday life.

## Exercise: The Virtual Reality Room in Your Mind (The Gate or Door of Destiny)



*Figure 10 Mastery of this technique will open up a door to true magic(k), and will allow you to create and reside within whole other worlds of possibility.*

Now that you have a good idea of what your attentive power is all about, and you are actively trying to develop a strong concentration and focus of attention, we are going to continue with a set of exercises that will allow you to further refine the power of your attention, and show you just how powerful the direction of that focus can be. **Indeed, through the mastery of the following exercises you can quite literally change your world!**

I know that the exercise section for this chapter is a bit demanding, but this is only so because

attention is so important!

So, please take your time. Don't push yourself too much as I don't want you to associate pain with these exercises at all, but do try and do them when you get a natural impulse to do so. And as you engage in the following exercises, I hope that you will be happy to note that with them you can actually bring incredible pleasure and power into your life, by quite literally creating your own Star Trek like holodeck (<https://en.wikipedia.org/wiki/Holodeck>) in your mind.

The key to these exercises is to be able to master each one of your senses by using the power of visualization to manipulate them. You do this by creating imaginative visualization experiences, that may not be real in a physical sense at the moment, but that can nevertheless become very real to you through the focus of your sustained attention.

Simply, what this means is that in this set of exercises you must try to visualize vividly. But not just visualize in the general sense of the term, which usually means closing your eyes and imagining a mental picture in a vivid way. In this exercise, I want you to try to develop the ability to visualize with every single one of your senses, and to try and amplify the power these visualizations to such a degree that your visualizations become as real as possible to you. I want you to try to make your visualizations as real as the physical world around you now!

We are all born with the ability to visualize to one extent or another, and we tend to be better at visualizing with one particular physical sense more than the others; most often we excel at visualizing with our visual sense (that is, seeing pictures of things in our mind's eye). I suppose that is the reason why we call the act of imagining with a purpose; *visualizing*.

On average, some have estimated that our eyes account for about 80% of the information that we take in through our senses. For this reason, we must take visual (sight) visualization seriously, and if you are a person who has trouble visualizing visual images, I do hope that you try to develop this ability to envision a picture in your mind, as this is an important ability. But you must also note that visualizing with the other senses is actually extremely important as well, and the ability to visualize with all five senses simultaneously is what turns a mere visualization into a bona fide life-like hallucination.

For the first part of this exercise set, you need to develop the ability to create hallucinations with your eyes (through the act of sight visualization), and eventually as the exercises progress, through *each* of your four remaining senses. What this means is that I want you to practice the ability to visualize something until you can experience that thing clearly and vividly with each one of your five physical senses. And I want you to work on these visualizations until they become so powerful that there is little difference between the visualization and the real thing.

**This is the one MOST IMPORTANT, and most overlooked component in the proper**

## execution of TRUE magic(k).

### Sight

- Beginning with your visual sense then, I want you to start by closing your eyes and trying to see a blue square in your mind's eye.

To do this, it is best to find a nice quiet place in an area where you can sit and be alone for at least a good 30 minutes. When you find this place, close your eyes and try to see a blue square in the darkness of your mind. Do this for 10 to 15 minutes if you can.

If you have problems with sight visualizations, cut out a blue square or draw one on a piece of paper. Look at this drawing and then close your eyes and try to remember this picture. If you forget the image, open your eyes, look at your picture again and close your eyes as you try to remember it. Do this for 10 to 15 minutes.

You could think of this blue square as existing right in front of your closed eyelids or if it's easier for you, you could try and create the blue square within a remembered image of a blackboard or an imagined computer screen in your mind. It doesn't matter what is in the background or how you go about it, all I want you to do is to try to see a blue square in your mind's eye for 10 to 15 minutes.

- We are all different, and we all have different struggles that we must overcome in order to develop these abilities. Some people are very good at creating sight visualizations, while there are other people who find it very difficult to visualize an image. Some people for example, find it very easy to visualize a sound that they have heard, but when it comes to visual things, they are not able to do it at all.
- You must therefore explore your own abilities and see how hard or how easy it is for you to create this blue square within your mind's eye. If you are having a great deal of difficulty with this visualized image, you might wish to start your visualization exercise with another sense first, but eventually I do want you to try and develop your sight visualization abilities, no matter how difficult it might be for you at first, because the development of these powerful visualization skills (with all your senses) will allow you to create wondrous magical worlds and events that are only possible through persistence and focused attention.

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Two important key points about these visualization exercises:

- I have found that it is very important to tackle these exercises as if they are not chores but are actually effortless games. I would recommend that you do not think of these exercises so much as workout routines but as fun games that you do for no more than 15 to 20 minutes a day, two or three times a week. Think of it as a time when you get free reign to become a child and play 'let's pretend' for a while. As such, you may imagine anything you like. For example, instead of imagining a blue square you can imagine any simple two-dimensional thing you want, like a happy face, a cartoon character, or whatever would make you most

happy.

- Do not try to force yourself to visualize anything. Instead, direct your attention towards what you want. When I ask you to visualize a blue square for example, don't try to tighten up and try to push out a blue square in the same way that you might do repetitions with weights in a gym. Instead, try to relax as much as possible and direct your attention to the thought of a blue square, then maintain this focus of attention in the same way that you had to maintain your focus on the dot on the wall. In this way, allow your focus of attention to slowly 'mold into existence' this blue square, so that it slowly coalesces in to a solid thing for you. Relax and focus, don't push.

- So, to continue with that in mind, I want you to try and see this blue square (or your chosen object) in your mind's eye, and try to hold that image for a good 10 to 15 minutes with your eyes closed. You will most likely experience a great many distortions as you try to hold a clear image of this blue square. It is most likely that your square, if you are imagining a blue square, will not be very square; that is it might grow or shrink in size, as parts of it may stretch, while other parts might disappear completely and be replaced by other images. The color of your object may also vary a great deal, and you may find it quite hard at first to hold that lone color in your mind for any length of time. Try therefore to improve this two-dimensional image of a blue square as much as possible during the 10 to 15 minutes that you have dedicated to this visualization.
- The first lesson from this exercise is that your focus needs work, *and* that pushing yourself too hard is never a good idea when it comes to visualization. Visualization at first is like trying to move a muscle that you have not used very much, so there can be a tendency to get frustrated and push. The trick though is to relax and to let it happen as effortlessly as possible (there will be some tension always, just try to keep it to a minimum).

I recommend that you try and do this exercise for about a week to a month depending on how much work you need at sight visualizations. Try to develop your own routine as to when to engage in these visualization exercises. My recommendation is that the exercises should last anywhere from 10 to 15 minutes and be done no more than 3 times a week.

- After you have worked on seeing this blue square in your mind's eye for about a week, try opening your eyes and see if you can visualize/see that blue square in front of you ('in' the physical room that you might be in). With your eyes open, you will essentially be projecting a type of energy from yourself, channeled through your eyes. This energy is made up of intent (the intent to focus and see) and the energy required to construct the two-dimensional blue square in front of your eyes.
- I recommend that you play with depth; that is try to project the blue square close to you, overlapping whatever maybe in the background, and in this way playing with the opaqueness of it. Then visualize the blue square as being far away, and in this way change the blue square's size and what it overlaps in accordance to how far it is away from you. You might find that projecting this blue square over a single tone surface like a wall is

relatively easy, but projecting it over a busy pattern like a rug or drapery may be more difficult. Do experiment and keep practicing, try to make this floating blue square as real as possible, as you continue to practice to develop the power of your sight visualization.

- As a final exercise for sight visualizations, I want you to try and visualize a three-dimensional image with your eyes closed, and then open, just like you did with the blue square. At first you can pick something relatively easy like a floating 3D orb or an apple, but you should eventually try to visualize something far more complex like a flower or a bird.

You will know that you have become quite adept at this when your complex three-dimensional object can be superimposed on top of a real physical object, like a wall or a rug, and this visualization can block your vision of the real object behind it (your visualization can block a real physical thing). This kind of mastery can take months or years of work so don't push it, just have fun extending the power of your mind, visualizing whatever fun thing you enjoy.

## **Touch**

As you begin to explore the power of your sight visualizations, I want you to begin to explore the power of visualization using your other senses as well. You may for example, try and develop your ability to visualize with your sense of touch and with internal feeling (in one practice session try to always work on at least two senses such as sight and feeling for example).

- To visualize touch, I want you to try and imagine what it might feel like to have a very soft and delicious breeze lightly hit you on the face and body. That is, try to visualize in the most clear and vivid way possible the feeling of having a light breeze strike you on the face and body. Visualize this feeling for 5 to 10 minutes.
- Another wonderful exercise for developing your ability to visualize touch, is to look at an object that may be a fair distance from you and visualize what it might feel like to touch it with your dominant then non-dominant hand. For example, you might want to pretend that your hand extends from your body and stretches out far from you, to an impossible length, until it is able to touch that faraway object.

You might, for example, reach across the room and touch a wall that is a good distance from you. To do this you need to visualize with your feelings, what it might feel like to touch this wall with your hand; feeling the drywall or wood against your fingers, the texture of it, the temperature, and everything else that you may feel if you were to actually touch that wall with your physical hand. Try to feel as many things as possible with every single part of your body that you can think of.

- As part of your exercises in feeling/touch visualization, I also want you to try to visualize an internal feeling; a physical feeling and a subjective one. You may, for example, wish to visualize feeling that your heart feels warm, loving and amazing, or that your leg is tingling, perhaps your leg suddenly feels like its vibrating.

You may also visualize feeling an emotion; you could for example visualize feeling happy, excited, or scared for a couple of minutes. You don't need to do this emotion exercise for very long as it can be draining; perhaps a good 1 to 2 minutes at most.

This inner feeling visualization exercise is a very important part of Alchemy, and of this course in particular, because it is this ability to visualize clearly in this manner that can allow you to move energy and project feeling/sense energy from yourself, just with the power of your mind. It is a good idea therefore to practice this kind of visualization as often as you can, and to explore, for your own edification, where the line exists between inner subjective feelings and more physical ones (like the difference between feeling/imagining energy in your hand, and the actual physical feeling of your hand vibrating, or of high blood pressure and tension in your hand for example). Such an exercise can reveal the true power of sorcery and magic(k) to you by allowing you to begin to perceive the line between the manifest and the un-manifest as different vibratory frequencies. In time using these skills, you will be able to create your own personal worlds!

## **Smell**

- Next, try to visualize smell. Think about a smell that you really enjoy, perhaps the scent of lilacs, roses, fresh baked bread, whatever it is that you really enjoy the smell of. Try to visualize this smell; imagine that you are smelling that lovely scent for a good 5 to 10 minutes.

## **Hearing**

- Now visualize hearing an instrument that you really enjoy. I personally enjoy this particular kind of sound visualization exercise because it is a wonderful way to drown out noises that I might find annoying. I, for example, like to visualize the sound of a violin or a piano being played. I am able to visualize this sound quite clearly, and this requires enough focus on my part, that I can basically enjoy a complete concert, drowning out whatever annoyance that might be present in any particular environment.

Try to do this yourself, and see if you can hear noise, or a beautiful musical composition, with so much clarity that you are not able to tell the difference between the real thing and your visualization.

Again, practice this visualization for a good 10 to 15 minutes.

## **Taste**

- Finally, try to visualize a taste you might enjoy, or if it is easier for you, try to visualize a taste you might not enjoy at all. Try to imagine for example, what it might feel like to put a delicious spoon of vanilla ice cream in your mouth, and imagine both the taste and the feeling of this ice cream slowly melting in your mouth, cooling you off and making you feel wonderful.

Try to eat this delicious thing for a good 10 to 15 min.

All and all, what I want you to do is to spend a good half an hour a day, three times a week for the first month, and then twice a week for the following months, trying to develop the power of your ability to visualize. I want you to systematically take apart your senses and try and use the power of your visualizations, the power of your imagination, to duplicate these sensual experiences in the most realistic way possible.

I don't expect you to become a master overnight, but I do hope that you will devote at least six months, to work on visualizing with all five of your senses. You can work on your sight visualizations and your auditory/hearing visualizations on one day for example, and on another day work on your smell, hearing and touch visualizations. Make sure that you cover all five senses and that you work on those sense visualizations that are most difficult for you so that you improve more and more over time.

Generally speaking, I find that most people have more of a challenge developing their sight visualizations, and that is because most of us rely on our vision to such a great extent. We expect these things that we see with our eyes to be perfect, to have certain proportions that must be kept constant, and colors that need to change in accordance to the texture and lighting present. Such intricacy in our visualizations takes time and persistent effort.

But don't worry about it, don't think of it as a chore, just have fun visualizing with your five senses. Contemplate the possibilities available to someone who could become such a master of these self-created visualizations that he or she could create entire worlds; worlds as real and as potent to that person, as anything that might exist in what we consider to be the 'real' world.

Think about that, contemplate the thought of it for 5 to 10 minutes. What would your life be like if you could create a type of virtual object with the power of your visualization; an object or event that would be just as real as a physical object or event? What if you could create a floating rose in the middle of your room? A rose that looked, smelled, and felt completely real to you. What if you could eat whatever you wanted whenever you wanted (and gain no weight), or could hear any sound, any music, whenever you wanted?

And, given enough attention, would this visualization become essentially real in time? How long do you think it would take for the visualizations to become 'real'?

## **Exercise Summary**



- **Paying Attention to Yourself:** A simple concept but a hard thing to do, especially for extended periods of time. Sit down and become a spectator of your own mind. Try not to interfere, just watch as your thoughts and internal perceptions flow through your mind.
- **The Dot on the Wall:** practice 3 times a week for a month. Sessions should be 15 minutes long, and increase to 30 minutes as your ability to pay attention becomes stronger. Note in your journal how this practice affects your everyday life.
- **The Virtual Reality Room in Your Mind:** 20 to 30 minutes a day, two or three times a week. Complete the exercise as a game rather than as a prescribed workout. Work on two senses per session, for 10 to 15 minutes per sense. Try to increase the time you spend in this exercise as you get better and better at visualization.

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[1] "attention." Merriam-Webster.com. 2019. <https://www.merriam-webster.com>.



## CHAPTER 4

# YOUR PERSONAL ENERGY BODY

## Concepts

We are energy, all of us, everything on this planet is made up of pure energy.

Ancient religions and metaphysical schools of thought have been telling us this for millennia, and physics has been echoing this energetic reality for over a hundred years now.

As these ancient teachings tell us, and as physics now echoes; energy vibrates, it is all connected, it has nonlocal properties (meaning that it can exist in multiple places at once, and as such there is the possibility of instant communication and travel across great distances). This energetic essence can change its structure but it can never be destroyed (which can seem like a paradox). Like tends to attract like, and this energy conglomeration, which is us, has a great drive towards greater complexity and expansion of that very essence.

Interestingly, most of us still live out our entire lives insisting that we are hard objects, meat machines; that while complex, we are but small aspects of a cold and relatively unchanging mechanical world.

The skeptics of the world therefore, denounce anything that even smells of something not within their highly limited reality tunnels. As they do this, they throw around words like irrational and uneducated, by which they mean, those not completely indoctrinated into this latest religious meme they refer to as rationality; which is really the great objectification of humanity.

But you may ask...WHY?

Why is it so hard for people to perceive the energetic reality of the world? Why are so many so lost, and live in such limited and limiting worlds?

...Well, as we have discussed to some degree already, the Archon is the reason why!

The Archon's intervention blinds the greater mass of humanity, and tries to bind you within a plane of existence that guarantees your imprisonment in this hard, dense, material world; an imprisonment predicated on huge emotional energetic expenditure.

**As a fundamentally energetic being then, you create your individual and mass reality, through the direction of your attention; because wherever you focus that attention, new worlds are manifested.**

We currently though, as a result of Archonic intervention, and personal apathy, have very little conscious control over our attention.

This Archonic intervention means that this alien force is actively taking from us, and at the same time actively flooding our reality with very powerful alien intent. This alien intent impels us to adopt beliefs, to accept as fact, things that would seem to be totally insane; *if*, we were ever able to view these ideas and the consequences of these ideas from a more sober, detached, and expansive perspective.

The result of this ensnarement of our attention away from the reality of our energetic and multidimensional essence, is that we have quite simply devolved as a species, and have begun to live a machine-like existence, to the point that many of us hardly ever even contemplate what we believe to be true, or why.

We are all to one degree or another asleep; living through most often quiet and desperate lives, without ever realizing that we are in a trap. A trap so ingenious that no fences are needed; all that is needed is complete control over the edifices that we create through our belief systems, because in this way we create our own fences, and then hide from ourselves the fact that such fences are in any way sanely possible.

A most terrible predicament!

But that's not the worst of it. The worst of it perhaps comes upon those who have realized the existence of this trap, but who then, after a lifetime of enslavement, have absolutely no idea how to proceed; how to get out.

Because try as they might, they just can't seem to go anywhere; they just can't seem to move past this hard, dense objectification of ourselves. Until one day perhaps, after much struggle and personal sacrifice, they begin to accept a falsehood; the silly idea, that makes them think that they must not be enough, that they are not smart enough, strong enough, psychically talented enough, to even make a dent in that fence. And so, many try to make peace with that supposed fact; that for the rest of their physical existence, they must live the life of caged beasts.

I see this a great deal during this time in history, many people are beginning to wake up to the trap, more and more each year it would seem. But all of that enlightenment means little, it's actually quite depressing and painful to many, because while more and more people are talking about the trap, very few are talking about how to get out, how to really get out of it!

Sure, there are a lot of people offering the ‘truth bomb’ (or red pill as a few call it), but when asked how to escape the matrix, very few of them seem to have an answer for how exactly it is that you go about doing that.

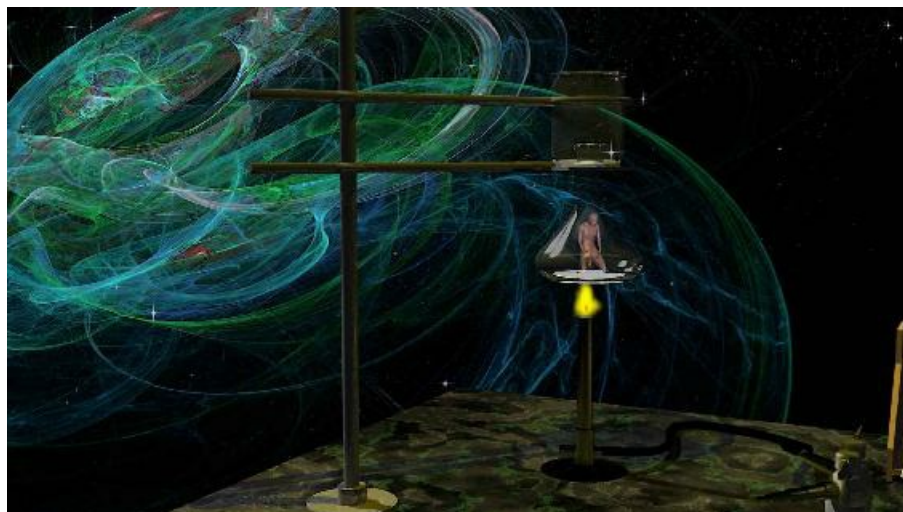
Most often, there are some veiled answers to be found in certain religious and occult practices. Very few though talk about the *real* root cause of the trap, or why the human attention span is so limited, why our memories are so nebulous and short, why our minds are so fickle and contrary.

And why, no matter what meditative or other practice that they may engage in, people seldom if ever improve these aspects of their mental selves, to any great and truly useful degree.

What you need to know then, is that the one most essential element that increases and refines attention is ENERGY, human LIFE ENERGY. With enough of it, your entire life changes, from the inside out.

It is this very same life energy that you give up every day, through the many emotional flares that you are forced to engage in, as a result of the unconscious beliefs, and the circumstances created by those unconscious beliefs, that are then directing your attention, and giving shape to your perceptions, and to the seemingly objective world created by those perceptions.

Further, it must be realized that these beliefs are imposed on you, by a gigantic non-organic form of life that is sometimes called the Great Archon. And that it does this through the power of *its own* attention and the dis-balancing techniques that it uses, as a way to cultivate the most emotional energy possible from all the human beings on the planet. This is a precisely tuned distillation process of gargantuan proportions!



*Figure 11 We are all just one ingredient in a massive Alchemical process.*

And this is the reason for all the terror, heartache, and strife that seems to be such a big part of human existence.

This world is quite a beautifully dis-balanced place; arranged purposefully in this way, to rip from you, the greatest amount of emotional energy possible.

Because we humans are all a highly coveted resource, a commodity, for a dark and oppressive force.

And that my friend, is the true red pill!

But as I have said, what even fewer still talk about, is how to overcome this drain, how to get out of the dammed trap.

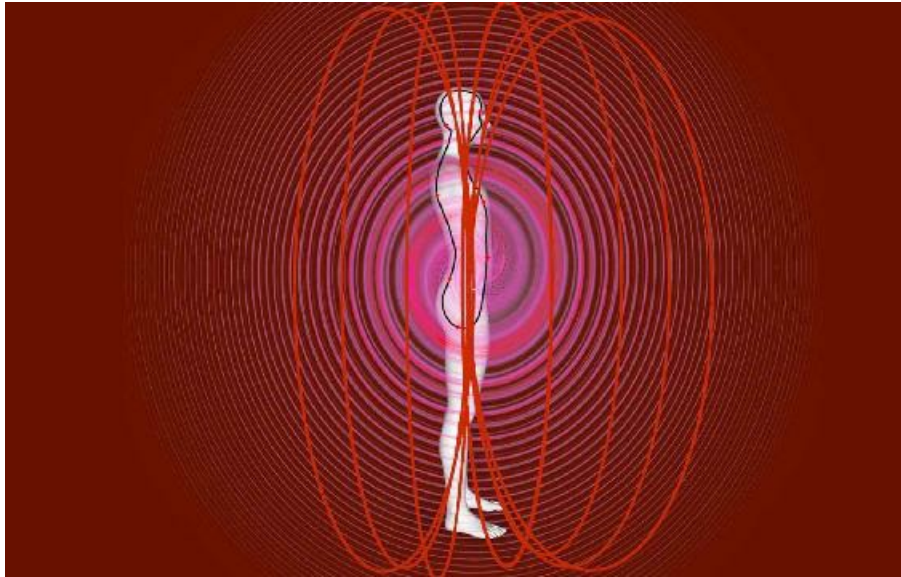
Well, the way to get out of the trap, to not just swallow a red pill but also have a key to the back exit, is to be shown how to stop this energetic feeding on us, so that you can take back the energy that you have lost.

And the second you can begin to do this, the power of your personal attention will increase, and through that power, you can begin to re-shape your life and change your personal reality. Further, when you are able to manage this task, you can begin to learn to fly beyond the confines of the physical body, and overcome the many limitations of this heavy and slow vibrational plane of existence.

This is how you beat the Archon. This is how you escape the trap; you do it through energetic control; which begins with energetic absorption and re-absorption!

**We are finally getting to the part of the course where you can begin to directly engage your energy body.**

Let us begin then by discussing what this energetic body being is all about.



*Figure 12 Artistic interpretation of some of the energy fields that make up the whole of the personal energy body.*

Human beings are complex and powerful energetic conglomerations of energy, which means that every single one of us is really made up of a complex network of energetic paths. You can think of this conglomeration as being like an electrical circuit, where electricity travels through different dedicated paths all around your body. If you know about energetic practices such as Yoga or Taoist energy practices for example, you will know that these energetic paths are often referred to as meridians or energy channels.

Of all these energetic meridians, arguably the most important is the one that runs up your spine and down the front of your body. This energetic path has been interpreted in many different ways depending on which culture is describing it. This is understandable since these energetic meridians are like all energy, relatively flexible and can be altered to some extent.

That is, we are all born with a meridian system that is generally the same in each person, but through individual experience and cultural conditioning, these energetic circuits can be altered slightly, and new pathways can be created. Again, this all happens through cultural conditioning or belief systems, which as I have mentioned, focus attention and then create different energetic outcomes.

A Buddhist for example, may create over time a slightly different energetic pathway (that is meridian system) than a Hindu, or a Christian. And this can account for the slightly different range of transcendental experiences described by these three major religious groups.

There are many different meridians, and even locations for different energetic nexus points sometimes referred to as chakras, depending on which school of thought you may be studying.

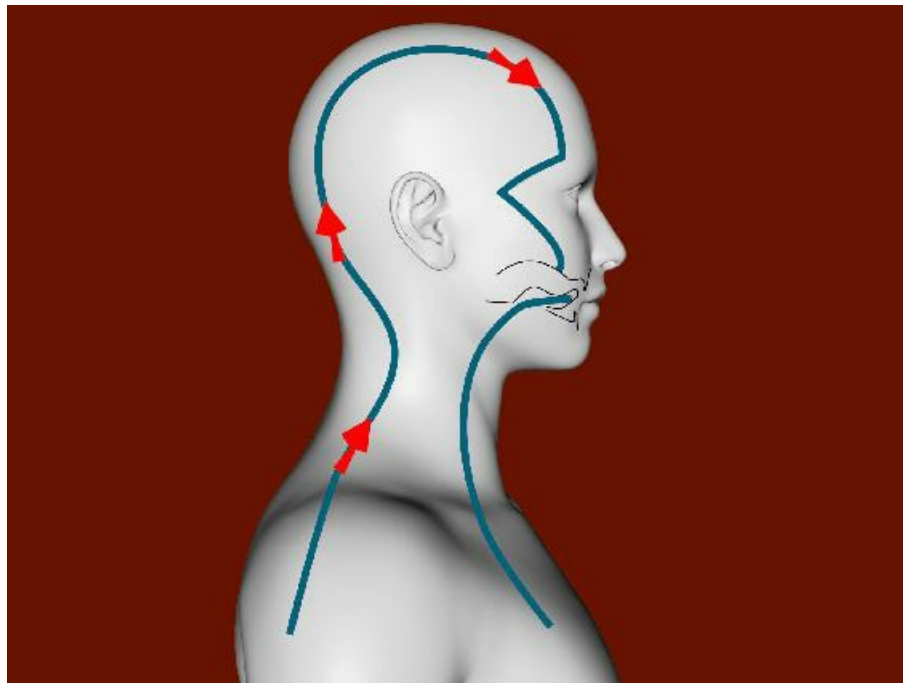
As such, I do not like to focus too much on any one particular system, as I have personally found through my own study that all of this meridian and chakra location and definition, in the end, ends up being dogma.

If push comes to shove, I do though prefer to reference Taoist meridian systems, because I have noticed that they are one of the few schools of energy work that use energy pumps and quite candidly point out the cyclical nature of energy, as it moves up, down, and around the body.

What I mean by this is that the Chinese meridian systems point out that energy doesn't just go up the spine, it also goes down the front of the body; that all bioelectrical energy in the body has a cyclical quality as a rule. It is the case, according to ancient Chinese medicine, that a healthy body needs to cycle energy up and down the body's main meridian, without any restrictions, in order to stay healthy and vigorous.

Tensions and mental aberrations can cause this energy to get pinched off, like a kink in a hose, which can stop this healthy bioelectrical energy flow.

Interestingly though, even in a healthy body, an energetic bottleneck can be created if a person is not aware of a critical, yet to my knowledge seldom mentioned, connective point in this major body meridian channel.



*Figure 13 The bottleneck created when energy is not able to flow properly.*

In the image above for example, you will note that while the body's energy does go up the spine as we may see in Yogic practice, it needs to continue down the front of the body to complete its cyclical, and natural, rotation about the body.



And the reason for this bottleneck, which can cause headaches and many other problems, has to do with the physical makeup of the body, and the fact that bioelectrical energy has a tendency to travel in circular currents. This means that energy will go up the spine on one side and then down the neck on the other, but seldom will it go up and down through the same pathway.

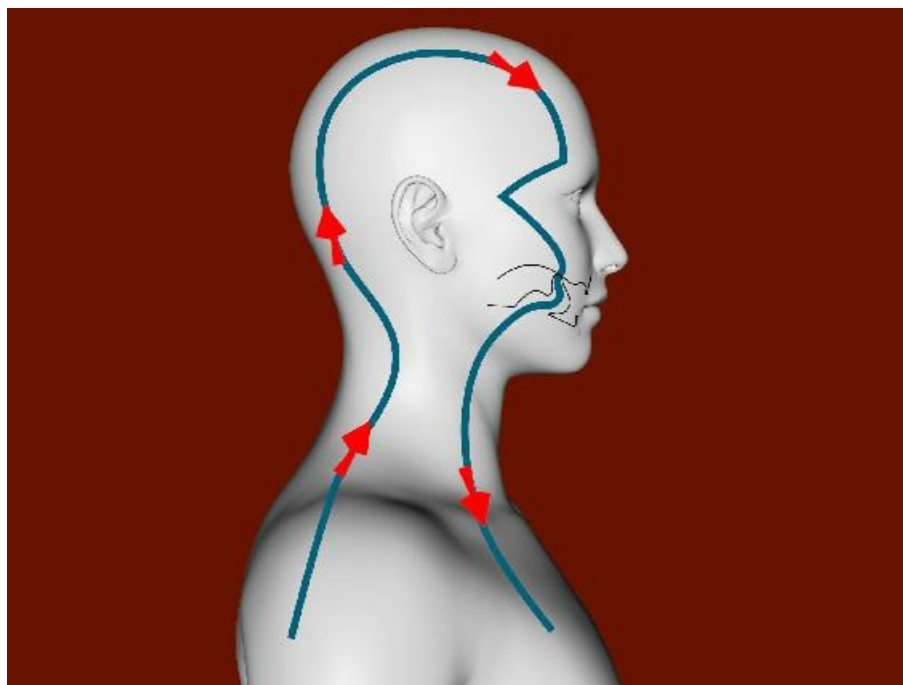
In the image, you can see that the spinal column tends to usually move bioelectrical energy up into the head, and this energy then moves down the body along the front of the neck, once it has circulated through the brain area. If this energy were not constantly moving, it would begin to accumulate in the brain creating 'hot spots' of energy there.

You may be familiar with the creation of such hot spots in other parts of the body. For example, when we talk about feeling tense or having a great deal of knotted energy in the shoulders or the back of the neck, we are actually talking about the accumulation of bioelectrical energy in this area.

As you might suspect, this is the type of accumulation of energy that I am talking about when I describe the onset of emotional flares, since it is indeed these knots of energy, all over the body, that begin to radiate the great energy bursts that people refer to as emotions.

Since the head is a most sensitive spot, energetic accumulation there, as a result perhaps of moving too much energy up the spine, maybe because of a great deal of emotional stress, or perhaps energy work like Kundalini exercises, can cause severe problems, if this energy is not allowed to move either out through the top of the head, which is of course highly energetically wasteful, or back down the neck to the lower body where it can be stored properly.

In order to stop this energy accumulating in the head, which can cause headaches, blackouts, hallucinations, and even hernias, you need to make sure that you keep this neck energetic connective point flowing.



*Figure 14 By placing the tongue on the palate, proper energy flow is possible.*

To do this, you need to do one simple thing, and that is to always remember to keep your tongue on the roof of your mouth, especially whenever you are doing any kind of powerful energy work.

By positioning the tip of your tongue on the palate, on the roof of your mouth, you reconnect this natural energy meridian which then allows any energy accumulation in the head to move down freely, and keeps that energy circulating about the body without restrictions.

**So please remember, in the exercises that follow, to try to always keep your tongue on the roof of your mouth. In this way, any powerful energetic flare, most likely caused as the result of a large emotional release, will not cause you undue problems.**

Problems which, just in case you are interested, are usually referred to as *chi sickness* by some energy practitioners.

The last energetic point in the body that I need to mention in this section, is the *Cauldron*, or the energetic storage point of the body.

This one point is of critical importance to an Alchemist. Certainly, all energetic points and meridians are important, but this one point has become synonymous with Alchemy, because it is held in such high regard by this science.

The reason for this, is that a lot of advanced work in Alchemy is done by focusing a great deal of

attention in this area, and indeed it is here, or just a little higher with some people, that the much-coveted Philosopher's Stone is founded and nurtured into full manifestation.

In relation to this Alchemical course, the Cauldron is of great importance because it is in this area that you will store all the energy that you will be absorbing and re-absorbing, and it is in this area that you will learn to pack and begin to refine and coalesce your personal Philosopher's Stone.

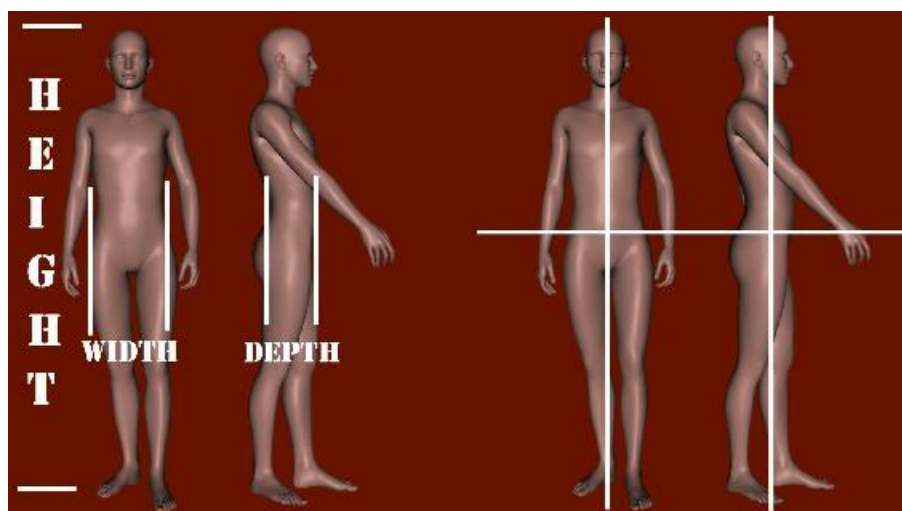
If we can contemplate the body from a strictly electrical point of view, you could say that the body's meridians are sort of like a circuit, or like the wiring that make up any electrical network, while the Cauldron is in this sense like a battery power storage area.

At this point in the Alchemical process, a process mind you that continues throughout the length of an Alchemist's life, the most important thing is to stop personal energetic loss and ingest as much negative ambient energy as possible. In order to do this successfully, it is very important that you know how to store this energy properly.

The practice of energetic absorption and re-absorption naturally fortifies and increases the thickness, the gauge, of the bodies wiring; which means that greater and greater amounts of energy can circulate around the body's circuits without a burnout. This extra energy also helps to increase the body's battery capacity; which means that more and more energy can be stored, and can be accessed safely and effectively by any part of the body at will.

In order to discover where this energy storage point called the Cauldron is located, you can either intuitively look inside yourself, or you can quite literally measure where its location is approximately in your body. I personally suggest that you combine both methods.

Start by getting a tape measure. With it, measure the height, width, and depth of your body.



*Figure 15 Physically measure your body to help you discover the location of your Cauldron.*

By doing this, and then dividing those measurements in half, you will be able to find the exact center of your body; the Cauldron is located there.

After you have discovered the exact center of your body, use your intuition or the Inner Feeling Sense (you will be taught how to use the Inner Feeling Sense in the techniques section of this chapter), to look inside yourself and try to see if you can sense this area; see if the location of the storage point feels right to you. It may for example be the case that you feel that your Cauldron area is a bit higher, as I do, or lower perhaps than the exact center of your body.

Men will most likely find that their Cauldron will be around their belly button area, while women have the possibility of using their entire womb area as their Cauldron and energetic storage point.

Before you continue with this course, it is very important that you take the time to discover the location of your Cauldron and the energy channel that I am describing. Once you think you know where these are, using the diagrams provided and the measurements that you may have done, it is also very important that you listen to your own personal intuitions and inner feelings.

To do this you don't need to engage in a long meditative regimen, all that you need to do is take some time to explore your inner circuits. You do this by projecting a part of yourself inside your body which I refer to as the Inner Feeling Sense, and combine that with your intuition. In this way, using this inner sense, you can begin to get to know your personal energetic system, and the changes that may result as you engage in the energetic techniques that follow.

In that way, you will be able to feel this energy as it moves through you and around you. You will be able to feel the energetic truth of the techniques described here, and you will be able to finely adjust where you place your tongue on your palate, or where you place your attention

when focusing on your Cauldron, for example.

It is my hope that in a short period of time, you will be able to feel the electrical nature of your body, so that all the information provided here moves from the realm of just more dogma; to add to your dogma pile, and actually becomes a personally verifiable energetic truth to you.

# Techniques

This chapter is about energy. More specifically, it is about the exploration of your true essence, your energetic essence. This then, is a most difficult topic because throughout the course of our entire lives we are told in no uncertain terms that we are objects; that we are mere block pieces in a giant block stack universe.

Even those who have been participating in energy work for years can have a very difficult time seeing the world as anything but an object-filled place. This is because the propaganda to objectify the body and the world around us is so ingrained within us by the time we are adults, that our entire sensual experience has been trained to reflect/perceive only a three-dimensional object-filled world; a world where we, as mere meat machines, take center stage.

## **Exercise: Pretend You Are Energy**

- For the first exercise in this chapter, I want you to try to contemplate the grand totality of this hard, mechanical object-filled world, and your position in it as just another machine piece part of it. This first part of the exercise should not be hard; all you have to do is look around you now. This is a world where everything that we do or say is centered on this one seemingly undeniable truth...that we are all objects.
- Then, I want you to take five minutes, and for this small period of time completely believe, with as much concentration as you can manage, that you and everything around you is actually vibrating energy. That when you pick something up, or take a step, or sit, that what you are actually doing is moving and modulating energy. Imagine that you are a conglomeration of aware energy, able to manipulate energy inside and outside of yourself effortlessly like breathing, and through this ability to manipulate energy, you are able to come in contact with other conglomerations of energy that have different energetic characteristics than your own. And that all of this is done by you in order to perpetuate your own energetic cohesion and vibratory stability. That you are actually now moving through a sea of energy, that is itself going through different intensity waves, which from a more physical perspective you would refer to as time.

Do this for five minutes every day for a week. See if it opens new mental perspectives, and note in your journal if it perhaps helps to create new ideas and beliefs in your mind; new possibilities that your mind can contemplate and follow.

## **Exercise: Inner Feeling Sense in Order to See/Feel Energy Flow**

Many of the techniques that you need to do in this chapter can be greatly enhanced if you can

learn to perceive energy in a more direct manner. In the first chapter, you learned the technique that allows you to see auras, and as you will discover, if you dedicate yourself to learning and regularly practicing it, this technique can change your life in many ways.

It must be noted that even though the technique to see auras is very good at seeing energy as it flows in the world, because you are using only your physical eyes to perceive things, you will only really be able to see just the outermost layer of the objective world.

What I mean by this is that you will only see the radiant energy given off by the energy essence of things, but you will not, using the auric technique alone, be able to see the inner essence, the inner energetic conglomeration that is the foundation of this radiance. The auric technique will not allow you to *see*.

And because you are limited by what the eyes can perceive, you will not be able to see/feel the true essence of things; you will not be able to understand the intention or the feeling/essence of all the supposed objects around you now. This is because the physical senses alone cannot truly grasp, nor can the surface layer of the mind understand, the incredible inner complexity and the true reality of all the world.

This is an important point in relation to this course on the Magnum Opus, because by just using the seeing auras technique you will not really be able to see/feel your own personal energy as it flows through your body. In other words, you will truly need to get good at using the Inner Feeling Sense because in order to manipulate your personal energy, which is fundamental in all Alchemical work, you will need this skill.

Basically, with the power of your focus of attention, you must allow yourself to project a part of yourself, an inner tentacle or projection, beyond yourself and onto and into the things around you. This projection will give you the ability to be able to enter into the things that you wish to *see*, and thanks to that power you will be able to experience the inner essence of things.

With this Inner Feeling Sense you will be able to understand the feelings of things, the inner make-up of those things, and in time, the inner energetic flow and intent of things (whether they are plants, animals, minerals, technology, gasses, or non-inorganic life).

Most importantly, after you become good at projecting that part of you outside yourself, you will then easily be able to project within your own body as well, and follow and feel the energy movement within yourself. In this way, you will be able to discover your own energy channels and you will be able to correct the movement of this energy as it travels through your system, so that you can overcome any energetic obstacle.

### **Sending this Inner Feeling Sense inside plants, objects, etc.**

- Take a comfortable seat in front of a plant, for example. A house plant would be perfect but

if you don't have one, you can always go sit outside in front of a bush or tree in a nice quiet area. You will want to place yourself in a position where you can comfortably gaze upon the plant. Hopefully you are indoors in a quiet room or outside in a nice place where you won't be disturbed.

- Next, lightly gaze at the plant. From this light gaze, I want you to slowly begin to focus exclusively on the plant before you. Without strain, I want you to try and see into the plant. That is, I want you to pretend that you can see into the plant and into its inner soul. This exercise will require a number of imaginative leaps. These imaginative leaps should be performed without strain; you can think of them as a child's pretend game rather than any kind of work.
- As you gaze into the soul of the plant, imagine now that you project a part of yourself outwards. Imagine that this invisible part of you is directed by your eyes and projects itself into the body of the plant itself, so that in a way, you and the plant are now connected. Imagine going into the plant, feeling the plant, thanks to this part of yourself that you have projected. Through this connection you become one with the plant, so that you are you, but you can also be it, or a combination of you and it together.
- Explore any feelings that come to you as you become this plant. Try to see/feel how the plant senses the world around it. Explore this connection that you established to see/feel what the plant is feeling at this very moment.

Plants do not have eyes but they can feel the world around them in a way that is most amazing, sensitive and complex. Plants are very sensitive to emotion, temperature and humidity. Their entire bodies are very complex receptors that can tell them about the most minute things in their environment. What do you see/feel that it feels?

- Practice seeing the world through the plant's senses for a while. Through your empathic vision, you might begin to understand why it is a little droopy, or why it's starting to turn yellow. The plant might be able to show you how it perceives the environment that you both share.
- Finally, look deeply into the energetic conglomeration of this plant by holding the desire to see the energy of the plant as you maintain this inner projection of yourself within the plant. Try to, desire to, feel/see the inner workings of the plant. Try to, desire to, see its inner cell structure and its inner energetic core.

I usually see many interesting geometric shapes and colors when I do this, that are accompanied by feelings of inner space and complex orderliness. It took me a while to figure out that what I was seeing was its energetic essence; its atomic structure and the cohesion of its energetic conglomeration (the conglomeration of energy that makes the plant a cohesive aware unit).

So, if you begin to see or feel geometric designs like this, I will save you some time and let you know that congratulations, you will have begun to see the true inner core of the plant! But you may see other things; trust and explore those perceptions whatever they are.



You can use this same technique to look within a stone or a chair. You can in time learn to perceive the inner composition of objects, how these objects work and how these objects and living beings fit into the environment around them. I do not wish to go into what you may perceive in any detail because you need to discover these perceptions on your own without my influence. I would recommend taking notes using your journal and exploring the difference between things, between plants and animals, and even the objects that are ‘supposedly’ unthinking and not alive like furniture, houses, and minerals of all kinds.

## **Seeing Inside Yourself**

- With a little practice, you can use the same projection to see your own inner energetic core. To do this you have to move this Inner Feeling Sense into your body instead of outside it. You have to use your intention, which is the focus of your attention, to move this tentacle or tendril within yourself to the area that you wish to explore, and then feel/see/sense/intuit the structures and energies that you may perceive there.
- These perceptions may come to you as feelings, as bona fide physical sensations, or as flashing images in your mind. It takes time to become really sensitive to this feeling sense, and to correctly identify and clearly perceive the things that you are projecting into.
- The only way to get better is to practice, so try to perceive all the things around you as often as you can using this Inner Feeling Sense.

I would recommend that you use this technique to discover the inner structure of things such as plants, rocks, trees, even other people, at least three times a week for a month or until you feel that you have become pretty good at it. Then once a week, as a form of meditation for 10 to 15 minutes per session.

This Inner Feeling Sense is one of the most important and powerful techniques that you can learn! It can be used for far more than just discovering the inner structure of things; you can for example gain complete empathy with an object or being, discovering hidden knowledge in a similar fashion to how psychometry is described by some. Just engaging in this exercise for a while can also help you to stop the eternal chatter of your mind and for this reason it can be used to help you to fly right out of this dimensional plane and your current perceptive point!

But the ability to see your inner energetic structure is what is most important in relation to this course, so for now try to focus on this ability as you begin to master this powerful skill.

## **Exercise: Full Glass of Water Breathing**

In this exercise, you need to work on one of the most important elements of your energetic transformation; and that is your breathing.

Again, it would be incredibly beneficial if you would take some time to try and imagine/see/believe that the act of breathing is an energetic act, as opposed to just being a physical act where you swallow funny little invisible particles/objects called oxygen.

From an energetic perspective, I can tell you that breathing is the act of ingesting raw energy, directly from the world around us. It is a most pure and direct form of energy ingestion for us humans, and deserves far more conscious attention and effort than most of us give it.

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But before you continue; please be very careful with these exercises. If you have heart trouble or if you are at risk of brain hemorrhage please contact your doctor before you try anything that might be risky to your health.

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Let us begin by learning how to breathe properly by practicing the exercise I refer to as Full Glass of Water Breathing IN and OUT.

The only way to breathe properly is to learn to use our entire lung capacity. Most people tend to breathe with only the upper one third of their lungs. This is a terrible mistake because by breathing this way we are robbing ourselves of a great deal of available lung capacity which really boils down to robbing ourselves of available energy.

In order to take advantage of your complete lung capacity, think of your lungs as being one large glass. When you breathe IN, you need to fill your lungs in the same way that you would fill a glass with water: from the bottom all the way to the top.

Then when you breathe OUT, just like a glass of water, you need to empty your lungs from the top to the bottom. This is the most efficient use of your lung capacity and it will allow you to take in much more energy with each breath. Also remember that just like water fills a glass completely, you want the entire width of your lungs to be filled completely as well. Feel the pressure against the sides of your ribs as the air fills the full width of your lungs, just like water fills the full width of a glass, and don't stop breathing in until you have filled the glass to the very top.

In the East there are an infinite number of variations in breathing style. Some prefer long exhalations, while others prefer long inhalations, and some will tell you that the key to it all is a perfectly even rhythm.

As far as modulating your breathing cycle any which way, I will give you a basic rule of thumb, and then you can decide for yourself how you wish to vary your own breathing cycle.

The rule of thumb is this:

If you are inhaling, then you are taking energy into your body. A slow inhale is like a sponge soaking up pure energy from its surroundings. For example, a very long inhalation, as long as your lungs can possibly handle, while you imagine white light entering every pore of your being, followed by a short, fast exhalation, and then another long inhalation (for as many times as you want), will allow you to absorb a great deal of life force.

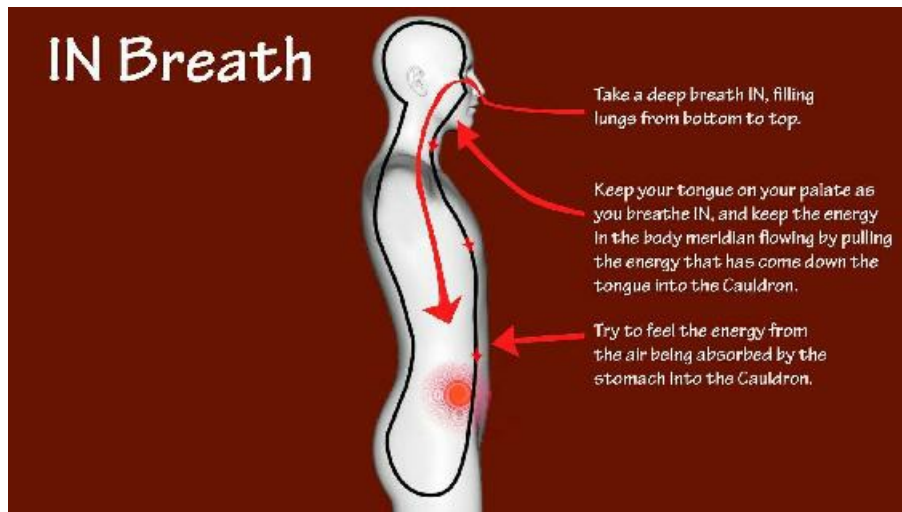
If you are exhaling, then you are distributing and concentrating the energy that your body has just acquired through the inhalation. Therefore, by making an exhalation far longer than the inhale, you make yourself stronger, more solid, because you are projecting energy. For example, you can imagine the energy of your body being channeled into a particular energy center, so as you breathe out, that particular energy center grows brighter from the energy and power that you are delivering there. If you are injured in one particular area, you can project energy into the injured area and speed up healing or increase the power of a limb for a physical action.

An even breath, where the inhalation and the exhalation are equally long, creates a rhythmic, vibratory cycle. This cycle can be compared to an electric generator creating an even current. Such a steady and even current is very helpful when you want to pulsate/vibrate at a certain energy frequency. This can be beneficial for all over body healing or for auric work where the whole body is involved.

Now, to perform the full IN and OUT technique:

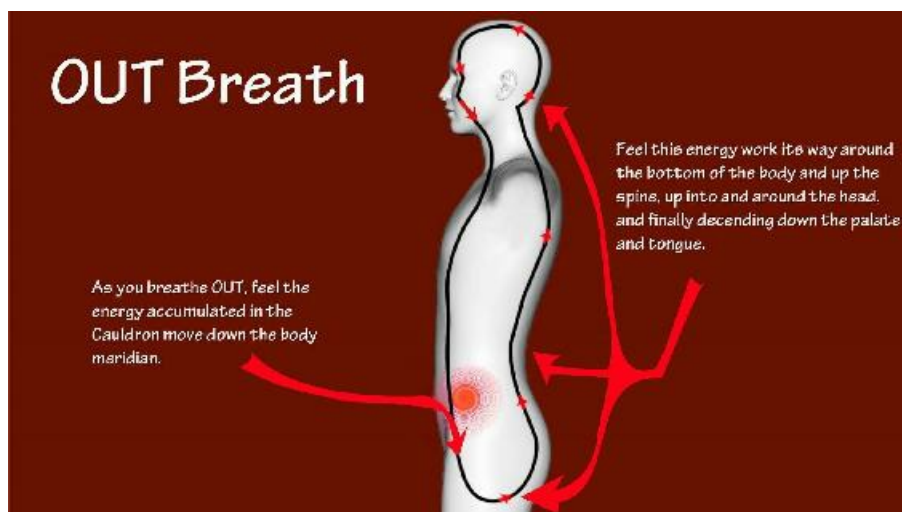
- Using the technique of Full Glass of Water Breathing, I want you to complete 10 full breaths. I recommend that you do 10 full breaths once in the morning and again around midday or in the later evening. I don't recommend doing this exercise right before bed as it will increase your energy level and as a result you may find it much harder to fall asleep.
- Stand in a relaxed position and breathe IN. Imagine that the air that you are ingesting is very much like a cool glowing white liquid that is filling your lungs just like water fills a glass.
- Feel this cool glowing liquid fill the very bottom of your lungs first, and then move up your lungs as it begins to fill every square inch of them, working its way to the very top. Feel your lungs expand completely and as this glowing liquid reaches the top of your lungs, try to keep inhaling more and more until you feel like the glass is going to overflow.

Imagine that all of this white liquid energy moves from your lungs and stomach area into your Cauldron (which is located at the very center of your body and can be located using the techniques described in the concept section of this chapter).



*Figure 16 Use the IN breath to move energy into and then down the front of the body, in order to begin the movement of energy around this very important meridian.*

- When it feels like you have absorbed a great deal of this liquid light into your body and Cauldron, slowly empty your lungs by exhaling and imagining that this less powerful and opaque light (as a result of you absorbing all the energy in it), empties out of your lungs from the very top to the very bottom, just like water coming out of a full glass of water. Make sure that every ounce of this exhale pours out of your lungs by pushing every last bit out that you can, so that the glass is completely empty and ready to be filled again.
- As you breathe out, try to imagine (and feel using your Inner Feeling Sense) this white liquid energy that you absorbed into your Cauldron, move up your spine, go over your head and down your throat and the front of your body. Then as you breathe in again, imagine ingesting more energy, that goes down your throat and down your stomach as before. Then repeat 10 times.



*Figure 17 Use the OUT breath to keep the energy that you have ingested moving down, around,*

*up the spine, around the top of the head, and down the palate. Each IN/OUT breath should complete one full meridian cycle.*

- It is very important that you have your tongue firmly placed on the palate in order to complete the full body meridian cycle (remember from this chapter's concept section that a meridian is an energy pathway in the body, which in this case relates to the major energy path going up and down the body). In this way you complete a full meridian cycle with each IN and OUT breath, using the IN breath to Pull energy into the body and down the stomach and the OUT breath to move the energy further down and then around and up the spine to the top of the head to repeat the cycle.
- For a full week, try completing 10 full breath meridian cycles, and write down the results in your journal. I also recommend 5 full breaths like this anytime you are about to engage in energy work, as this can really help you to warm up and accumulate extra energy for the coming work.

After you feel that you have a pretty good grasp of the Inner Feeling Sense and the Full Glass of Water Breathing technique, use this power to follow energy as it moves through the meridians in your body. Forget about the energy meridians that you may or may not know about and believe in, and see if you can feel/sense this energy move through your system as you do five full IN and OUT breaths using the Full Glass of Water Breathing technique. It is most helpful if you draw a simple diagram in your journal of what you feel this personal meridian cycle looks like (a sketch that you may wish to modify over time).

In this exercise you are trying to *not just imagine* what the energy flowing through your system may be like, but are now actively engaging your Inner Feeling Sense to try and feel energy moving through and around your body in a natural and powerful way.

Use that same inner projection that you used to feel the inside of a plant or rock, but this time project that essence of yourself into yourself, and try to feel/sense your own energetic structure!

Try to feel the energy channels within your body, try to find the exact location of your own Cauldron, and also the connecting energy channel down the front part of your body, where the tongue needs to make contact with your palate, in order to bring energy down from your head.

See if in the end you can do 15 Full Glass breaths, and feel all of this energy flow through your system. Remember that from now on, as your energy level increases, it becomes more critical that you always remember to keep your tongue on the roof of your mouth, so that you don't suffer from any chi sickness symptoms.

## Exercise Summary

- **Pretend You Are Energy:** 5 minutes every day for 1 week. Note in your journal any changes to your mental perspectives, ideas, beliefs and possibilities.
- **Inner Feeling Sense in Order to See/Feel Energy Flow:** at least 3 times a week for 1 month, use this technique on plants, rocks, objects and people until you feel you have made progress. Then once a week, as a form of meditation for 10 to 15 minutes per session.
- **Full Glass of Water Breathing**
  - 5 breaths in the morning, and 5 in the afternoon. Also, before doing any other energy work.
  - Once you become good at Full Glass of Water Breathing by itself, incorporate the full meridian cycle around the body with each breath cycle. This means doing a full meridian cycle with each in and out breath; 5 in the morning and 5 in the afternoon.



## CHAPTER 5

# ABSORBING LOST ENERGY

## Concepts

In the book *Vampire's Way to Psychic Self-Defense*, I showed the reader how to absorb the emotional energetic flares that they may experience throughout their day. These energetic flares may come from within you, or they may be projected upon you from the people who share your general environment.

By an emotional energetic flare, I mean a moment when you or someone else around you experiences a strong emotion. From a personal perspective, there are times when you think something (as a result of a belief that you hold) or experience something that is either pleasant or unpleasant; that makes you become emotional to a greater or lesser extent.

By paying attention to internal tensions and the accompanying emotional states that these tensions engender, it is possible to control these energetic flares, and most importantly absorb this energy quickly; so that you do not lose personal power.

Through the ability to absorb emotional energy, you are able to cheat the Archonic Host of a meal - many meals over time if you are disciplined. And as this energetic absorption continues over time, you will begin to store within yourself large quantities of bioelectrical energy; energy that you may have been freely, and most often quite unconsciously, projecting into the world, without much care from the day of your birth.

This absorbed energy means power. Properly stored and maintained, it begins to slowly but surely, greatly magnify the power of your attention, among other things.

And it is this increase in attention that is most important, at least to an Alchemist, because it is this powerful attention that can allow a once regular human being to begin to transmute seemingly solid substance and real events, and in time, to eventually even begin to transcend this three-dimensional plane of existence.

So, these absorption techniques allow an Alchemist to greatly increase his or her power, until there comes a time when the Archonic forces begin to give up trying to feed on this formerly regular human being all together.



Such complete freedom from Archonic feeding, which I cannot verify yet through personal experience as I am still affected by the Archon's dark intent, is supposedly at first devastating to a person, and is supposed to be one of the scariest and loneliest things that an Alchemist can have happen to them.

This is because after a lifetime of enslavement and the accompanying Stockholm syndrome that such enslavement engenders, those lucky few who can finally escape *all* Archonic control, find themselves completely alone.

Admittedly negative, the Archonic mind does nonetheless provide direction, a modicum of safety from the forces of the world, and a feeling of immortality. Without that Archonic mind, an Alchemist needs to rediscover this newly gained *true individuality*, which means that they need to reinvent their personal defenses, and they need to discover what their life is to become going forward; which can be a deeply scary and disorienting process, if it happens too quickly.

It is this final freedom, which allows an Alchemist to begin, if they so choose, a conclusive and oftentimes final journey into unknown realities, in worlds that are beyond human comprehension.

But even before this final journey, as an Alchemist begins to store enough energy, he or she finds that they are able to move beyond this dimensional plane, and inhabit ever so briefly, other worlds, that hold amazingly varied new freedoms and possibilities.

It is at this point, after a great deal of energetic accumulation, that an Alchemist begins to have first-hand experiences with what will eventually become true immortality, as he or she becomes less and less bound by the laws of three-dimensional time and space.

In order to begin this final journey, you need to become a masters in energy absorption and re-absorption. You need to learn how to store this gained energy, and you need to know how to refine this stored energy so that it can be effectively channeled into what you may intend. For this reason, I have begun by introducing my readers to the concepts and techniques of Bone Breathing, and internal energy pumps.

These techniques are covered in a step by set fashion in the techniques section of this chapter.

These energetic concepts and techniques are as old as time. Most people know them in modern times as being part of traditions such as Taoism and Yoga, but it should be noted that these energetic techniques were at one time a global practice, that saw many variations, which can still be seen in energetic techniques employed in shamanism, wicca, kahuna magic, and other natural traditions.

Since we will be exploring the concept of emotional energy absorption in this chapter, and re-absorption in the next, it is best I think, that I first review the energy absorption techniques that I have thus far presented in my earlier books before you begin any re-absorption work.

**I will also introduce new concepts in this chapter**, that I feel will allow the practitioner to connect the dots, as far as understanding the ultimate purpose of energetic absorption. I will also give a more detailed description of the energy body's structure. The techniques and the knowledge presented in this section are invaluable in the advanced procedures that follow!

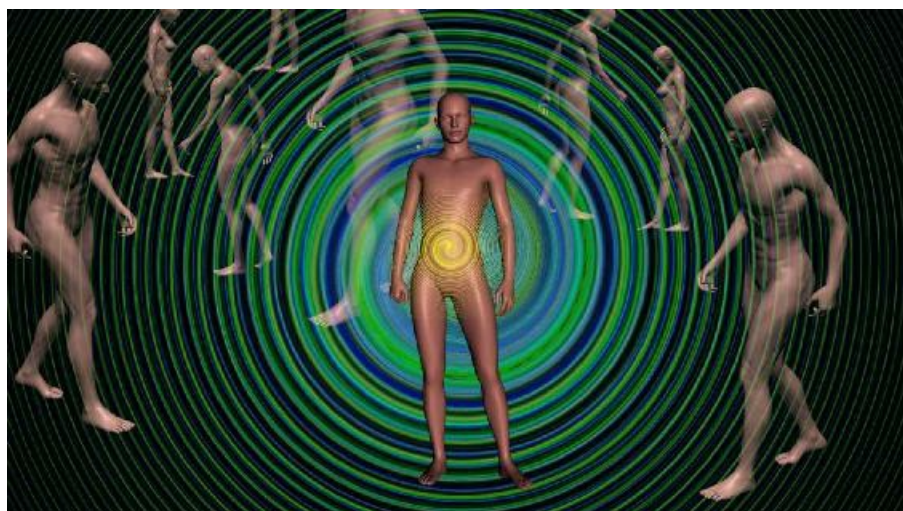
Let us start by discussing the energy pumps because it is through the use of these energy pumps that an Alchemist is able to absorb energy from the environment, and it is through their use that an Alchemist is also able to absorb energetic flares that originate within themselves. This means that a properly trained person can ingest his or her own emotional flares, and is also able to ingest the negative energetic projections from others, or the world at large for that matter, as you will soon discover.

Here, it is important that I point out to you that by absorbing this negative energy, either from ourselves or from the people and the world around us, we are quite literally feeding on the Great Archon himself. That is, we have just taught ourselves how to devour that which has been eating us!

To feed on what most people consider to be negativity, and on areas and people where high concentrations of such emotional energy can be found, we are quite literally feeding not only on the outcome of Archonic Intent, but we are also feeding on that intent; on the intent that is originally causing most of that negativity in the first place, which means we are feeding on the Archon itself!

So, at this point we have reversed the game on the Archon, because by using the techniques that will be described in detail in the second part of this chapter, we are fighting and defeating the negativity, the memetic wars, and the negative manifestations that these memetic wars create in our world. Using these absorption techniques, we are most definitely beating this titanic dark force at its own game.

But most importantly as far as this course goes, and in accordance with the final end goal of all Alchemical practice, by using the energy absorption techniques, we can gain power and store that power in order to facilitate the completion of The Great Work.



*Figure 18 The goal of this work is to absorb all energy loss happening in the present.*

With personal emotional energy flares, it is very important that you begin to pay close attention to your body tensions and mental states.

We can start simply, by paying attention to the kind of body tensions that you feel during the average day. And as you do so, you can also begin to pay more attention to the kinds of emotions that these tensions may engender.

As I have explained, there is a direct relation between the tensions that we feel and our emotional level. For this reason, it is quite possible to greatly lessen how much emotion you feel by trying to consciously relax your body as much as you can, because it is for the most part impossible to feel negative emotion when the body is completely relaxed. So, by learning to completely relax the body on command, you can then stop almost all conscious and unconscious emotional outbursts.

This total relaxation though, is quite a difficult thing to achieve and maintain throughout the day, every day. A much more proactive approach is the absorption and re-absorption energetic techniques that I will be presenting here and in the next chapter.

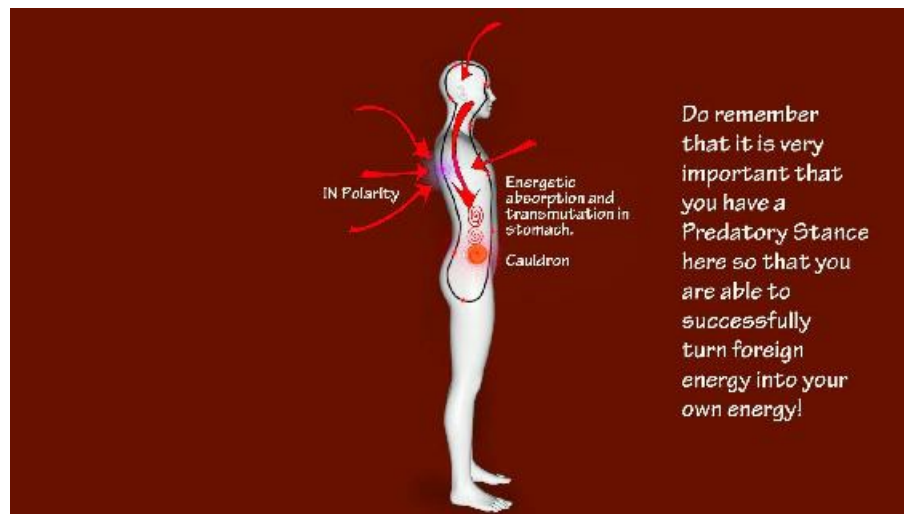
As you begin to pay attention to your body tension and emotional states, it will become quite apparent, very quickly actually, that you are a highly emotional being. So emotional in fact that I am certain that you will be swiftly motivated to take action, and stop this excessive energetic drain as soon as possible.

With the help of such motivation, the next step is just a matter of remembering; remembering to absorb using all of the techniques that are now in your arsenal.

Now, you might think that this might be an easy thing: remembering. But you might be surprised as to just how forgetful we can all be; how limited our conscious awareness is.

Indeed, this forgetfulness is something that will constantly surprise you, as you fight to maintain conscious awareness and remember to absorb negativity whenever possible.

As I have said, it is very important that you take this absorbed energy that you have been able to gather from the world around you to the center of your being, in order to store this energy. The following image will help explain in more detail what is going on here, and what you may have been doing in a quite natural way, if you have already been practicing these techniques.



*Figure 19 The energetic ingestion process and the IN Polarity that makes all of this possible.*

This most natural energetic action mimics the digestive process, or it would be better to say that the body's digestive system, is the physical counterpart of the energetic one.

- As you can see in the image above, energy from absorption may travel from any point in the body or out of it, to a powerful collection point I call the IN Polarity. Energy may not often feel like it is going through the IN Polarity as such, but it is nevertheless this nexus point that intensifies and oscillates when you perform these techniques, and it is the fundamental source of all energy absorption into the body.
- As this energy moves into the body system, it almost instantaneously travels down the body, very much like breathing in, or the ingestion of food.
- In the stomach, this energy is processed; it's here that it is turned into personal energy; meaning that it begins the process of integration with the body as the foreign intent is turned into personal intent. To do this in the best way possible, you need to maintain a Predatory Stance; you need to claim this energy as your own, like a predator eating its prey and consuming its life; you have to eat, take, digest, love, and dominate this precious meal. This stance is most critical if what you are absorbing is the negative intent that others are

projecting on you (purposefully or not).

**This *Predatory Stance* is needed because it is the key force, the key aspect of your own forceful intent, that changes the intent of that invading force and turns the energy into food for you!**

- Finally, this energy makes its way into the Cauldron for storage. This can happen naturally as the energy is slowly or quickly absorbed and transformed by the stomach into viable energy for the body.

From there this energy can either begin a process of refinement there or it can be directed into the OUT or VOID polarities. I discuss the nature of these polarities in my book, *Overcoming the Archon Through Alchemy*, if you are interested in knowing more about them. In this course though, we are solely interested in the power to be gained from the complete mastery of the IN Polarity and the refinement of this energy in the Cauldron in order to create a most powerful sphere of condensed power that may be called The Philosopher's Stone or the Pearl.

In other books I have described the Cauldron as a baseball sized ball of glowing energy. I am actually being relatively kind here, with the whole baseball sized ball of energy description, since most people have very little energy to store. After years of emotional drainage thanks to the Great Archon, one could unfortunately say that the average person has little more than a small pilot light worth of energy down there; just enough to stay relatively healthy and alive.

BUT, as *you* begin to draw in emotional flares and tensions of all sorts, feeling this energy work its way into your Cauldron, this energetic containment point will begin to glow and grow quite a lot.

So, keep absorbing as much energy as you can, and let your body move energy into your Cauldron in a natural fashion if you like.

**But to greatly increase the power of this process, and to help to begin the process of refinement of this energy, which is eventually responsible for the materialization of the Philosopher's Stone**, what you need to do is to use your attention to make sure that you are "packing" energy into the Cauldron, and that you are also using this focused attention to feel (and visualize) this energy condensing into a glowing ball of dense energy.

The ability to pack energy into the Cauldron area and growing sphere then becomes the final step in the energy absorption exercise. The last thing that you need to do is to pay attention to your Cauldron, using that Inner Feeling Sense discussed in the last chapter. See (visualize) and feel energy moving into this area; Push/Pull energy into this area using the First Energy Pump power (which will be explained in the techniques section). Then see or feel, through focused attention and mental visualization, all of this absorbed energy packed down into a glowing ball of stable energy in your Cauldron area.

Do this packing visualization for a few seconds after you have absorbed the negative energy flares. Then later perhaps when you have more time in a quiet place, focus for a little bit on this Cauldron area again and repeat this visualization for 5 to 10 minutes (this packing technique will be described in detail in the techniques section of this chapter).

You will note then that this energetic action will greatly stabilize your system, and you may also note that you indeed seem to have gained a great deal of energy from the negative environment around you.

As you absorb your personal energy, and as you practice using the Inner Feeling Sense to feel energy move through your system, you will become better and better at feeling the movement of all energy as it flows slowly, or quite forcefully, in and out of your body.

As you get better and better at feeling the ebb and flow of energy, you may begin to notice that you are also getting better and better at sensing all sorts of foreign energetic movements outside of your body as well. This external energetic flow is energy that is most likely not of your own making, but energetic tides that are the natural movement of the Dark Sea; the sea of energy that is all around us.

Some of this energy is the result of the natural rhythm of life, which may be found on any plane of existence, while some of it, a great deal actually in this increasingly crowded planet, is caused by all the energetic push, the many emotional energetic flares and intent that all the people around us are generating. This forceful push can be said to be unnatural and negative from our human perspective. This is so because it is produced by the Great Archon, in accordance with the technique of dis-balanced balance, in order to facilitate its consumption of our human energy.

A naturally sensitive person, or one who has become adept at feeling his or her emotional energy, will often feel this external negative wave from this psychic push, which can be very painful at times and makes it very difficult to be around other people for long periods of time.

Beyond this external wave of energy that can be felt by most sensitive people everywhere, there is another kind of energy wave that can be felt which is far more focused and intentionally directed. This latter external wave is often caused by a conscious and deliberate psychic attack on an individual or group by another individual or group.

Such a psychic attack can be the result of general hatred and bad intention being directed at a person in a conscious manner, or it can be a deliberate psychic curse.

Using the techniques outlined though, specifically in combination with the *Predatory Stance*, you can fend off any such negativity. Moreover, you can actually gain power from such attacks and completely turn the tables on any enemy.

When facing these conscious attacks, we need to use the energetic pumps mentioned earlier - and described in detail in the following techniques section of this chapter - to absorb this attack; to draw them into ourselves as before, instead of just trying to block them or deflect them in some way.

Blocking this energy increases its power and makes it active within our energetic sphere, but absorbing it neutralizes it and invigorates us instead of hurting us.

To do this, remember that you need to move this energy into your stomach, use the *Predatory Stance* to change its intent there, and in this way become revitalized by this energy blast, instead of being beaten and cowed by it. Once it has become *your* energy, you can pack it into your Cauldron and save it for overall health and magical work.

And it is very important that you take on a *Predatory Stance*, because in this way you void negative intention and superimpose your own positive intent upon it; you turn that potentially bad energy into psychic food. In this way, you will never have to fear that you are absorbing bad energy and negativity. Your own Inner Feeling Sense will let you know that this energy is now yours, because you will feel the change of intent in the stomach area.

This is the general technique.

As you become better and better at the techniques thus far described, you may begin to discover other applications for them.

Here for example, I wish to present ways that you can take these techniques even further.

I wish to introduce to you the possibility of using these techniques to not only Pull in negativity from yourself and others, but also from negative spaces and from complete situations!

There are many negative locations in this world. Places where negativity has been projected with such a strong and persistent burst, that it has quite literally created a negative energetic stamp in that area. These blighted spots as it were, can be quite harmful to anyone who moves through the area, especially energetically sensitive people.

Beyond this, there are just plain bad situations and circumstances that are terrible to experience and be a part of. We have all had a seeming bout of bad luck where things just don't go our way. Under such conditions, it is possible certainly to absorb your own emotional reaction to these crummy situations, but do realize; that it's often quite energetically productive to try to absorb the whole situation, as a whole, as well.

To do this, start by absorbing your own emotional flares, continue by absorbing the negative energy from others, and finally begin to absorb the situation in general; the whole event.

If you are having trouble understanding what I mean, relax your mind for a minute and try to contemplate a recent negative situation. Think about all of the physical synchronicities that needed to happen; and did happen in perfect sequence, in order to have all of this negative event unfold.

Sometimes it can be startling to realize just how perfectly negativity can arrange itself, so as to cause us the most harm possible. Such negative events, as they are happening, as the tumblers seem to be clicking one after the other, to create the perfect storm as it were, CAN BE STOPPED.

You can do this by waking up to the situation as it unfolds, instead of going into shock and accepting your bad karma, and right there at that moment, begin to absorb the entire event; all of the vortex of energy accumulating there, that if left alone, will surely cause even more negativity.

Eat that energy therefore, imagine that you are sucking up the energy from the entire area. Take this energy, say to yourself, "I take all this negative energy and I stop this negative event in its tracks!"

Take it all, take it from all of those involved in making it worse and keep doing this, using all of the absorption techniques you have been taught thus far. Absorb all of the power that is maintaining this perfect storm, until you feel and begin to see, that the situation slowly but surely becomes more and more energetically neutral.

In this way you drain all of the energy that gave rise to, and is prolonging the situation. And you will know you are doing it correctly when you feel an inner sense of relief or relaxation, perhaps even an inner feeling that somehow tells you that things are going to be alright now.

You will then be amazed at how this bad luck passes over you, seems to actually slow down and ebb to a standstill, in a relatively short period of time. And how a situation that may seem to have developed a momentum of its own, seems to now lessen and begin to right itself, or at least to continue no further.

This course section is VERY important, because in the next chapter we will be covering something that may be quite new to you! And in order for you to perform those techniques properly, you will need to have a good working knowledge of these techniques first.



In the next chapter, I will be showing you how to 're-absorb' all of the negative emotional flares from your past!

This is an incredibly powerful set of energetic exercises, indeed these exercises, when done properly, are life changing to a degree that is most difficult to put into words.

But in order to understand them, you need to have a good grasp of the material thus far covered.

I will leave it to you then to make sure that you continue to perform the exercises described in detail in the techniques section below, until you feel that you have a pretty good grasp of them.

# Techniques

Generally, the exercises for Chapter 5 come down to incorporating energetic absorption techniques into your everyday life. What this means is that you need to be familiar enough and proficient enough with the techniques learned thus far, to be able to do them anytime, anywhere.

The only way to do this is to practice at home on a regular basis until you feel comfortable and confident in your skill.

## Exercise: The Energy Pumps

1. Find a quiet room, sit down comfortably in order to relax your musculature completely (the more relaxed that your musculature is, the easier that it is to move energy around your body), and place a relatively small object on top of a table such as a cup.



*Figure 20 Try to Pull the cup towards you using only the power of your mind. Through this exercise the First Energy Pump is revealed to you.*

- A. Try and make that object move towards you with just the power of your mind. This might seem like an exercise in telekinesis, which is the ability to move objects with the mind, but in reality this does not interest me, nor do I expect you to be able to move this object with your mind.

What I really want is that you identify and begin to work with the feeling that is roused when you try to mentally PULL the object on the table towards you. This feeling may best be described as a sucking or pulling feeling, which can become quite intense if you mentally try to pull this object with all your mental might and forceful intent.

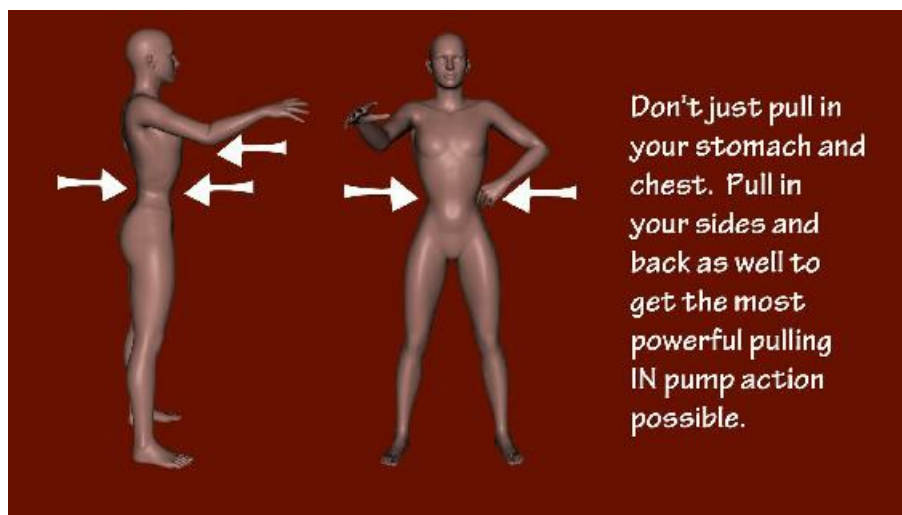
- B. As part of the kind of movement of energy that we will be discussing in this chapter, which will include packing energy into your Cauldron, there is one more facet of this First Energy Pump technique that I must now discuss which I had not mentioned in my other books.

In this second aspect of the First Energy Pump technique, you will need to learn to do the opposite of what you have been doing so far. Instead of trying to PULL the cup towards you, I want you to do the opposite; I want you to now try to PUSH the cup away from you.

Again, what is most important is the feeling of Pushing. It is this Pushing intent/feeling that will help you to move energy through your body's meridian system and into your Cauldron!

2. For the Second Pump technique, you need to do something that is sometimes referred to as Reverse Breathing. This is a unique kind of breathing that is performed during powerful energy work. It is a very potent method of drawing energy into your body. It is called Reverse Breathing because you are essentially doing physically the reverse of what you normally do when you breathe.

When you normally breathe in, your chest expands and perhaps your stomach expands as well, as you take a nice deep breath. But in Reverse Breathing, the internal energy practitioner consciously contracts his or her stomach and chest as they breathe in, which allows them to create a feeling of powerful suction. This suction can be used to draw in energetic flares, which are sucked up by the body directly through the skin and bones.



*Figure 21 The Second Energy Pump.*

Using either of the internal pump techniques mentioned, you should feel a very powerful 'sucking in' feeling. I suggest that you practice both techniques and that you decide which one suits you better. It may be the case that one, the other, or both at the same time, can be the best fit for you personally, depending on what feels right to you and your circumstances at the time. For example, the first technique mentioned can be done without having to suck any oxygen into the

lungs; that is, you don't need to breathe in to do it, and this as you may imagine can be very advantageous at times.

## **Exercise: Bone Breathing**

When you are done with the Energy Pump work, move on to Bone Breathing, as this technique is a foundational technique in all energetic absorption!

Again, try to do this exercise at least once a day for about 10 minutes each day until you feel that you have mastered it. Then I would recommend that you keep yourself in top condition by practicing it at least once a week for 5 to 10 minutes per session.

In order to do Bone Breathing, you must begin to channel vital energy into your body from the outside world. Bone Breathing is mostly concerned with sucking in vital energy through different parts of the body and is therefore used while inhaling or while actively engaging the First, the Second, or both Energy Pumps working together. As we perform this exercise let us also review the energy pumps working together.

- Before you begin this exercise make sure that your tongue is on the roof of your mouth so that you are able to complete the body's central energy channel.
- In a quiet room, place a cup on a table. Then I want you to extend your dominant arm out, open your hand, and try to draw the cup on the table into your hand with just the power of your mind. In other words, try to use the power of your mind to make the cup move towards you.
- While doing this you may feel that pulling intent as a sensation, like a tingling tension that perhaps starts at the palm of your hand, and then makes its way all the way up your arm. This may feel very much like the tension of sucking something up a straw.
- With the pulling feeling/intent fresh in your mind, and once you feel confident with this feeling, I want you to forget about the cup and try instead to draw in energy, not the cup, up your palms and the bones of your arm. Try to draw in energy from the air around you. You can imagine this energy as a bright white light that is being sucked up into your hand and up your arm.
- In order to help this technique along and greatly augment its power, as you draw in using the First Energy Pump, begin to breathe IN using the Reverse Breathing technique. This means that you will be contracting your stomach and chest as you breathe in.
- So, take a slow deep IN breath, suck your stomach and chest into your spine, and try to mentally draw in energy into your hand as well (just like you did with the cup), and imagine that you are sucking in this lovely white light into your hand, up your arm, and into your spinal column, right into the central energy point there in the middle of the spine. And don't

forget to keep your tongue on the roof of your mouth!

- Breathe out in a quick exhale after you have filled your lungs, and once again use the pulling IN intent from both energy pumps working together to suck up more light, energy, and power. Imagine that this energy is sucked up by the pores on the tips of your fingers and palm of your hand. That this light energy then goes into your bones, perhaps making them tingle, and travels up the bones of your arms and into your spinal column.



*Figure 22 Using both energy pumps simultaneously to draw life force up your hands and arms.*

- Now, try extending both arms out and imagine that you are sucking light energy up both your arms, all the way up to your spine.
- Using both energy pumps simultaneously can be quite challenging at first, but once you have the knack for it, this double technique should greatly magnify that tingling sensation in your arms and body, and should help to create a nice vibrational feeling up your arms and into your spinal column.
- So, using both arms and both energy pumps, you should be able to Pull in a great deal of energy from the environment. When energy begins to pump through the body with this much force, it is very important that you remember to keep your tongue on the roof of your mouth, so that you do not get headaches or begin to suffer from chi sickness.
- If you forget the feel of the pulling IN intent, go back to paying attention to the cup and try to draw the object towards you again.
- As you imagine sucking in the vital energy through your arm bones, also imagine that you are filling your lungs from bottom to top just like before with Full Glass of Water Breaths. When your lungs are completely full, you can exhale in a quick sigh emptying your lungs from top to bottom, and begin to inhale again repeating the process for a count of 7.

So, exhale quickly in a sigh, then breathe in to a count of 7, and repeat this for a total of 5 breaths.

- If you have done this correctly, your arms should feel almost tingling, your blood pressure will have gone up, and you will feel more alert and energized.
- Now try to do the same breathing through the bones of your legs. Do this for about 5 breaths and relax for a while.
- Try next to do 5 breaths through the bones in your back and then take a break for a little while.
- Try 5 breaths through the bones in your skull and take your break.
- Finally try to do this breath technique by breathing in through every pore in your body for 5 breaths.

After you complete this routine, you should feel stronger, and light as a feather. Keep practicing and developing your technique. The key is to combine your imagination and your breathing in order to be able to suck up huge quantities of the vital energy that is all around you.

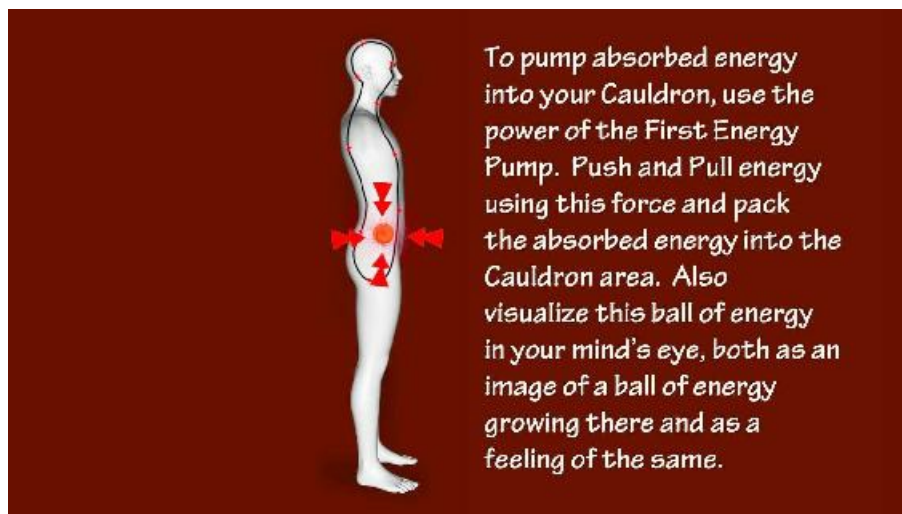
## **Exercise: Packing Energy into the Cauldron While Using Your Inner Feeling Sense**

As part of your final ‘at home’ practice session before you go into the field, use all of the techniques thus far described: Full Glass of Water Breathing, both Energy Pumps, and Bone Breathing. Also, do remember to keep your tongue on the roof of your mouth. Combine these techniques with the Inner Feeling Sense (described in Chapter 4), in order to pack all of the energy that you have been ingesting through Bone Breathing, into your Cauldron.

- To do this, stand with your feet shoulder width apart and try to relax your body as much as possible.
- We will begin this packing process by once again doing 5 full Bone Breaths.
- While keeping your tongue on the roof of your mouth, use both energy pumps to suck life force energy into your body, so that you feel that all the bones of your body and all the pores on your body for that matter, are absorbing large amounts of energy.
- Really try to feel the tingling feeling of the sucking and pulling created by both energy pumps working together, as you fill your lungs completely using the Full Glass of Water technique. You can imagine that energy is going into your body through every pore of your body, into your bones, and then working its way into your stomach and the Cauldron area. In order to get a really strong tingling sensation, which is what you want, you have to really pull IN using both energy pumps.
- Now, use your Inner Feeling Sense to follow this large quantity of energy as it makes its way into your stomach area. Keep using this Inner Feeling Sense to ‘simultaneously’

feel/sense this energy in your body and to feel/sense the location of your Cauldron at the center of your body as well.

- When you can feel both the flowing energy and your Cauldron, use your 'First Energy Pump' to Push/Pull/Intend this energy into your Cauldron area. Remember the feeling of trying to first Pull then Push the cup with the power of your mind. Use that feeling to now move the energy that you have ingested as you breathe in, and move that energy into the Cauldron area of your body.
- As this energy is moved into the Cauldron, use the 'PUSH and PULL Intent Force' that is part of the power of the First Energy Pump to PACK all this energy that you have absorbed together, in the Cauldron area. Keep packing this energy in until you feel a large ball of energy developing there.



*Figure 23 The process of packing energy into your Cauldron.*

- Repeat this same process for 4 more full breaths.
- By the end of this session you should feel that you have a pretty large sphere of energy in the Cauldron area. You need to keep using your inner feeling sense along with the First Energy Pump to make sure that all this energy is as compact as possible, so that you feel that you have created a tight solid sphere of energy in the Cauldron area.

Developing this compact mass of energy is very important because it is this tightly packed energy sphere that will in time refine itself into the Pearl, or as we call it here in the West, the Philosophers Stone!

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#### IMPORTANT items of note:

- As you are breathing IN, use this natural energetic time cycle to Pull in as much energy as possible. In other words, use both energy pumps to suck in as much energy as possible as you breathe IN.

- As you breathe OUT, use this natural energetic time cycle to Push the absorbed energy into your Cauldron. You should feel that there is a large sphere of energy in your Cauldron area when you are done breathing OUT.
- 

## **Exercise: In the Field**

The final step in regards to these exercises is really the act of beginning to absorb all of the negativity and wasted energy around you, and making sure that all the energy that you absorb is safely packed tightly and contained within your Cauldron.

- Once you have become relatively confident in your skill, and you feel that you can perform all of the above exercises quite well, I want you to go out “into the field” to practice your skills there, in the world where you must share your life with others.
  - Try to find a place that has enough people for you to practice your energy skills but that is not so crowded that you will be overwhelmed by negative energy.
  - Even before you get to this area, the first thing that you need to do is to try and relax your body as much as possible. You can do this by taking three deep Full Glass breaths and affirming to yourself, “I am now totally relaxed”. Pay attention to your body and try to keep it as relaxed as possible during this excursion.
- 

You may note at this time that staying completely relaxed, as you make your way through a gathering of people, is probably becoming more difficult by the minute, which might make you wonder what is going on. Well, what is happening is that the tension that you feel is most likely the result of energetic flares that others are projecting upon you; the emotional energy that others are feeling and projecting into the environment all around them.

By relaxing your body as much as possible, you can free yourself from a great deal of your personal emotional flares, but once you are around other people, who are themselves experiencing emotional flares and therefore releasing large quantities of energy into the environment, it will be very hard or impossible to relax your body, because the tensions that you feel are really external energy waves from others that are impacting on your body with increasing force.

Your body then is being impacted by this external energy and it is tensing up, and as it tenses up, it is not able to allow its own energy flares to flow naturally either, so you end up feeling a great deal more emotion than before you left your house; emotion that at this time is made up of your emotions, the emotions of the people around you, and the negativity of the Archonic Intent from the world at large. Remember that the Great Archon is constantly sending a type of negative intent into the world in order to cause as much emotional strife as possible.



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- By now, you have most likely gone from a relatively quiet and peaceful state, to a more tense and emotional one. This is your inner signal that you need to start absorbing energy because pure relaxation is just not going to cut it any longer.
  - The first step in the absorption process is to train yourself to get over the instinctual defensive shielding or attacking that most people go into when they feel negativity from others and the world at large. Instead, you must allow yourself to receive and to absorb, which can be very difficult at first because it can feel like you are sticking out your chin so that someone can strike it.

In order to help you understand how to put all this together, let's review the outdoor scenario:

- As you make your way through this somewhat crowded area, you find yourself experiencing a strong emotional flare of some kind. You will quickly be able to identify this emotional energetic buildup, if you pay attention to the tensions in your body. You will note, for example, that you have become quite tense in parts of your body, and as this body tension increases, you begin to experience serious and growing negativity, perhaps in the form of anger or self-pity. You can therefore choose to use the techniques outlined thus far to absorb anything that you may have projected, or are currently projecting into the world.
- So, as you continue on this walk through this area, and because of the emotional people around you, you start to become emotional yourself.

Again, please note that while some of the tension in your body is created as a result of energetic accumulation in certain parts of your body, some of this tension is not just the result of your energy projection alone. Some of this bodily tension, is caused by the emotions that the people around you are projecting into the environment.

As people experience emotions just like you do, and project those emotions into the environment, this energy accumulation and intent impacts your body system and creates tensions, that you then feel as if they are your personal emotions. Most often people feel that these tensions and the resulting emotions are theirs alone, while in reality they are often the result of the projection of others, of the mass of the group around them. The more sensitive that you are, the more that you pick up on this external emotional onslaught. These tensions, bad synchronicities (Murphy's Law, etc.), and all of this general negativity are for the most part the result of Archonic Intent, as it makes its way through the human population.



*Figure 24 Personal negative emotions and the negative emotions of others cause tension in your body.*

- When this happens and you have therefore consciously identified these emotional flares, you need to remember not to shield or attack, but to absorb.

In order to absorb all this negativity, you must instantly engage your energy pumps, and suck up all the tension and high emotion that you feel. Remember to engage those pulling IN energy pumps, that pulling in feeling, using either one of the energy pumps mentioned, or both at the same time if these are really powerful emotions. You need to Pull strongly against ALL of your bodily tension.

- As you feel yourself tugging at those tensions, you are actually beginning to pull in the bioelectrical energy that is accumulating in those areas, and bringing that bioelectrical energy into the core of your body; into your Cauldron.
- If you are experiencing a huge amount of anger for example, either because you are genuinely pissed off, or because you are feeling the anger that others are feeling around you, try to become consciously aware of what is happening. Don't try to stop this emotion in an intellectual way, as this will most likely only make things worse and increase your rage.

Instead, consciously try to feel this emotion welling up within you and radiating all around you. Once you can feel this, which is not as difficult as you may imagine when you are in the throes of great emotion, concentrate on that feeling, and use the pulling IN energy pumps to Pull that emotion from your body and the environment around you, into your core. Pull it in from the extremities of your body, and back into your central collecting and storing point; your Cauldron.



*Figure 25 Use your energy pumps to suck all of this tension, and therefore the negative energy that is causing these tensions, into your Cauldron. Make this energy your energy and in this way grow in power and freedom.*

- You may need to stop walking to concentrate for a couple of seconds as you make your way through this crowd. Use this stop time to Pull with as much intensity for as long as is needed to suck that emotion and tension back into the center of your body. This is just like the Bone Breathing covered earlier, except that in this case you are not pulling in a white light, you are pulling in tension and emotion.

Try to feel that tingling sensation that you may have felt when you were Bone Breathing.



*Figure 26 Always take the time to pack the energy that you have gained through your energy pump work into your Cauldron.*

- Energy from the emotional flares that you absorb may travel into the body from anywhere in the body, depending on where you are personally feeling the most tension and emotion.

- As this energy moves into the stomach area, it is processed. It is here that it is turned into personal energy; meaning that it begins the process of integration with the body as its foreign intent is turned into personal intent.

To do this in the best way possible, you need to maintain a *Predatory Stance*; you need to claim this energy as your own, like a predator eating its prey and consuming its life, you have to eat, take, digest, love, and dominate this precious energetic meal. **This stance is most critical if what you are absorbing is the negative intent that others are projecting on you, either purposefully or not. This Predatory Stance is also needed in my opinion to absorb the Archonic Intent which currently encircles the whole of humanity on Earth!**

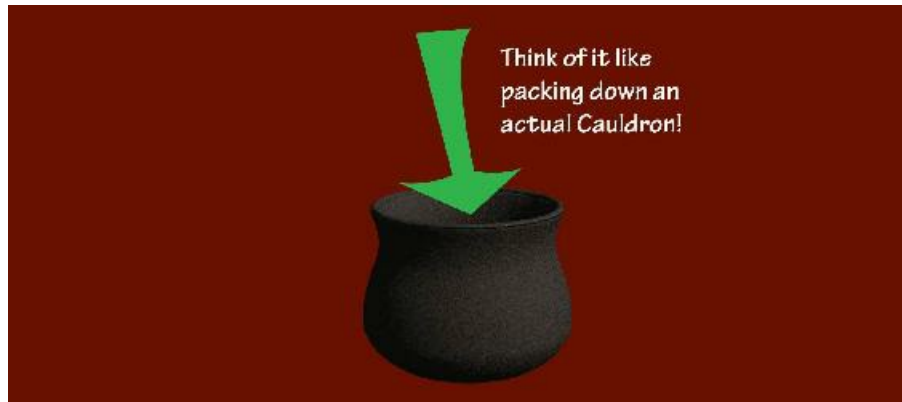
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Some have expressed concern about absorbing negative energy which they feel can be dangerous or bad for you in some way. My response has always been that this fear is quite healthy and it should be used to make sure that your Predatory Stance (your predatory intent) is strong enough to deal with anything that you may be absorbing. What I mean by this is that if you feel fear or even a small amount of timidity about absorbing any foreign energy then you need to make sure that you push against this fear and really embrace your inner predator/hunter/warrior in the strongest way possible. This fear then becomes a barometer telling you when you are or are not strong enough to deal with the negativity around you in a positive way.

It is imperative that you always push beyond this fear and timidity. EAT THIS TIMIDITY like you have consumed all the other silly emotional drains of your day. And then use this consumed fear and timidity to push out the strong being that resides within you, a being strong enough to feast on those negativities and those harmful beings that would bring you down, cause you harm, or even feast on your energy.

- 
- The final step in the absorption of this emotional energy is to Pull/Push it into the Cauldron for storage. You must use the First Energy Pump to move this energy into the Cauldron and pack that energy into a tight sphere of spinning energy.

By the end of your trip into the field, you should be able to feel/sense that you have a pretty large sphere of energy in the Cauldron area. You need to keep using your Inner Feeling Sense, visualization, and the First Energy Pump Push/Pull force to make sure that all this energy is as compact as possible, so that you feel that you have created a tight solid sphere of energy in the Cauldron.



*Figure 27 Pack your Cauldron.*

- When you have a good handle on a small crowd, move onto a larger crowd. The end result should be that you will be ready, willing, and able to handle any emotional flare anywhere, and come out of it with much more power than you had before.

## **Exercise: Absorbing a Bad Situation**

In the concepts section of this chapter, I mentioned that there is no need to just stop at the absorption of negative energy from yourself and others. **What I mean by this is that the next step in the energetic absorption technique is to absorb the Archonic Intent directly which can be done by absorbing *complete* negative events!**

What has probably become evident to you thanks to all your energetic work thus far (hopefully as an energetic fact as opposed to just *a priori* knowledge), is that all of individual personal reality is the result of unbending intent and enough energy.

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Unbending Intent = the measured and conscious use of focused and sustained attention on one thing; the one desired thing.

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Those who understand these principles correctly point out that we create our own reality as we project large amounts of intent and energy; in the form of vivid thoughts and strong emotion. What they most often fail to point out though is that most of these thoughts, especially those of a negative nature, are the result of Archonic manipulation; Archonic Intent and energy.

So, many of the negative events that we experience, while on the one hand could be considered of our own making, can also be said to be Archonically created, because it is this force of negative influence that directs our thoughts and energies in destructive directions.

As such, when we are absorbing emotional energy from ourselves and others, we are to some degree absorbing Archonic energy as well, because it is this Archonic Intent that is to a large degree causing the negativity that we human beings experience so often. The Archon then is not creating these negative events per se, it is instead directing human attention into creating these events by imposing its damaging intent upon our awareness.

If this sounds a bit confusing, this is a very difficult topic to discuss using a language that was not meant to stray too far from the rationalistic paradigm of linear cause and effect.

Simply put though, by absorbing the event itself, we are ingesting a far purer version of this negative Archonic Intent, because we are absorbing a finer energy base that is far closer to the source of creation on this dimensional level. And when we are able to master this ability to absorb entire events, we begin to fight the Archonic control at a higher octave. This higher-level energy absorption then allows us to ingest a different kind of powerful energy, which we can turn into our own energy using the same Predatory Stance we use to absorb negative human energy.

As we begin to access this powerful Archonic energy, we not only begin to gain massive amounts of vitality, we also begin to access the power to change our lives and the lives of others at a much deeper level, because we are quite literally changing the course of entire events.

Such event absorption will not erase the event from existence, but it will halt its natural progression by removing the power behind its unfolding. By doing this you can stop the negative trend or the bad luck wave powering an event, so that nothing else negative will continue to happen. At the very least, this kind of absorption can help to lessen the destructiveness of such situations.

Absorbing an event means that you absorb all of it; you absorb your negativity, the negativity of others, and the general negativity of the place or event, and the psychic power in that place, as completely as possible.

You Pull in all of this energy. You try to grasp the whole of it with your Inner Feeling Sense and you take it all into yourself, and using your Predatory Stance you make all that energy yours, so that you drain all of the energy surrounding that event, and turn all of this absorbed energy into personal power.

### **Let's consider a quick example:**

As you make your way through your day, and as you become more aware of the many tensions and negative energetic waves that pass through you and around you, make sure that you also begin to pay attention to how these energies and intent create whole negative events.

The next time you find yourself in a negative situation, absorb personal and external human negativity as usual. By absorbing your personal negativity and the negativity of others, you drain the power of a negative event to a large degree, but just like a thought form created in one point in space and time, the energy of these negative events can linger on for a while, and can use this situational energy to try and fulfill itself in accordance with the intentions and energy that created it.

So, once you feel a little more emotionally stable, try to step outside of yourself and see the situation in a detached way. Use your Inner Feeling Sense to feel the energy behind this event, which you may experience as a wave (tsunami perhaps), or as a general bad vibe in that area.

When you have it, when you have grasped this bad vibe current/feeling from this event, use the same techniques that you have used thus far to absorb this negative energy. Keep your attention on this negative energy that you identified using your Inner Feeling Sense, and use your energy pumps to absorb it into yourself. Remember to maintain your Predatory Stance so that you change the intent of this Archonic wave and turn it into a positive source of vitality for you.

You may even wish to use an affirmation such as, “I absorb all the energy from this negative event (or area), I make this energy mine, I take it, and I clear this place of all negativity now by turning it into my positive vital power! The energy from this event (area) is now mine!”

Finally, as before, make sure that you pack the vitality acquired into your Cauldron.

This technique, after some practice, will become an almost instinctual reaction whenever you face the many negative circumstances that we must all face on this vibrationally dense planet.

Once you attain mastery over all of the techniques in this chapter, it is just a matter of controlling yourself and not wasting the extra energy that you now possess. You do this by maintaining it in your Cauldron and not throwing this energy away on self-indulgent emotional outbursts.

Then it is just a waiting game, as the energy in your Cauldron refines and grows in power over time. As the power of this energetic sphere grows, new and amazing abilities and possibilities will begin to become part of your life.

As wonderful as these new powers may seem, they are nothing compared to what a stable and completely matured Philosopher’s Stone can do.

But before we can work on the true beginning of that kind of refinement, we need to become adepts in energetic re-absorption, covered in the next chapter.

## **Exercise Summary**

- Practice your energy pump exercises described above until you are able to master both pump techniques. You should do these exercises at least once a day for about 10 minutes each day until you feel that you have mastered both of them. Then I would recommend that you keep yourself in top condition by practicing them at least once a week for 5 to 10 minutes, dedicating around 5 minutes to each energy pump. Eventually, you may want to reduce this routine to once a month, after you feel that you have become quite adept at these two techniques.
- Practice absorbing negative energy in a relatively uncrowded area. Practice packing the energy that you have absorbed into your Cauldron.
- Begin to absorb all negative energy in any area, all the time. At home, spend at least 10 minutes making sure to pack all of the energy that you have absorbed into the Cauldron.
- Continue as above but also begin to absorb not just personal and foreign negative energy, but all of the energy that makes up that entire negative event, situation, or area. At home, increase the amount of time that you spend packing all of that absorbed energy into your Cauldron.





## CHAPTER 6

# HEALING YOUR ENERGETIC WOUNDS

## Concepts

If we for a moment contemplate the totality of our lives, it is overwhelming to try and imagine just how much emotional energy we have expended throughout the length of it.

Many of these emotional moments have been wonderful thrilling experiences, which may have brought us great happiness. At other times we may have experienced things that while not particularly pleasant, they still did provide us with good life experience and a sense of growth.

And then there are other moments, scattered throughout our lives, where we have been unfortunate enough to experience negative emotional events that for the most part just seem like senseless waste.

And it is truly the case that many emotional moments, especially the negative and seemingly senseless ones, do nothing more than just waste your personal energy, and diminish therefore your potential accomplishments, because wasted energy means less energy available to use, to help you to go beyond your current limits.

So, the loss of this energy is the loss of potential, that you could have used to create and shape your life in different, more powerful and positive ways.

I feel, and some may agree, that the many emotional flares that make up the huge bulk of our lives, especially the seemingly negatively senseless ones, are wasted moments, used generally for no good purpose. Or perhaps it is the case, that while at one time these past emotional events may have been important to give some desired shape to our lives, now in this more present time, they are no longer important. Now it is just lost life energy that seemingly cannot be recovered.

But is this energy lost forever?



*Figure 28 The Rational view of time.*

From a rational perspective, time seems to be a linear event, there is a past and a future, but the only real time, the only time in which we are able to act, is the present time. You can't change the past, you can't reverse old mistakes, you can only 'try' to remember not to repeat them.

A difficult task as I had mentioned, since the amount of attention that the average person has at their disposal is quite low relatively speaking, thanks to the Archonic feeding that we are all subject to. In other words, according to the rational view, you can only try to fix past mistakes by trying to remember not to repeat them, which is a most difficult thing to do because that emotional (that is, energetic) loss that you experienced in the past, most often prevents you from having the memory power, that is the needed attention power, to remember.

A catch 22 really, which can send you in a typical negative life spiral where you end up repeating old mistakes over and over again. This is an Archonic strategy of course, all of it; a grand harvesting technique that allows the Archon and its host to get the most energetically, out of every human being, throughout that human being's ENTIRE life.



*Figure 29 For an Alchemist, time is a Spacious Present.*

But from an energetic perspective, things are not so bleak, because there is the possibility of breaking this vicious cycle.

If you can see the world from an energetic point of view, which is a point of view that Alchemist greatly desire; you can see first of all that time is not a linear event.

From the energetic perspective, there is no linear sequence of events, but instead there is only an endless now time; a now moment. A spacious ever evolving present that has what could best be described by the word: depth. This depth is given order through modulations in intensity, or frequency if you prefer that term.

From an Alchemist's point of view then, the past is very accessible; all that is required is that the Alchemist learns to adjust or modulate his or her vibrational frequency, or intensity.

If for example, an Alchemist was interested in recovering lost energy, which was lost due to a large and negative emotional flare that may have happened in the distant past, what he or she needs to do is to focus his or her attention on that past event, until the Alchemist's vibrational essence matches that past frequency. And once there, he or she may absorb that emotional flare using the absorption techniques that we reviewed in the last chapter.

From a rational perspective you could say that the Alchemist is merely remembering, but remembering is not the simple mental affair that a rationalist supposes. In order to remember, a person needs to let go of this moment point, and engage in a subjective experience that creates a trance state. This trance state is a vibrational change to an Alchemist, of varying intensity depending on how well an Alchemist is able to remember; that is, to focus their attention into that specific task for a continuous period.

**The more 'real', that an old memory becomes to the perceiver, the greater the vibrational change.**

And using this vibrational change, an Alchemist is then able to send a part of him or herself back in time, and gather up that lost expelled energy at the very moment that he or she may have expelled it.

Using this technique then, of relaxed but focused attention on a past memory, that allows a practitioner to leave this moment in time, leave this present body and perceive a past time, you too can take advantage of the spacious *presentness* of energy, to gather up any emotional energetic loss that may have occurred at ANY time in your life!

I know that this can sound fantastic, and perhaps to some even somewhat simplistic. We grow up thinking that time is linear and that what we know about time is gospel truth; unchanging. However, energy is not bound by a linear rational time framework; the only things bound by such a linear time framework are our highly limited and limiting physical senses; which have become even more limited, as a result of limiting beliefs, and energetic loss.

Scientists have known about this characteristic of time for decades, and they have had to grapple with the implications of all of this. In order to deal with the temporal abnormalities they are discovering, they have introduced the concept of space-time, which is a way of trying to introduce a modicum of depth into the *presentness* of time, by binding space and time together (which means basically that you can't change one without changing the other). But space, as it is currently conjectured, is also becoming a problematic concept for physics, because from an energy-based perspective, space also seems to be an illusion of the physical senses.

If you would like to know more about this subject you could read up on quantum dynamics, spooky action at a distance, string theory, and a host of other highly interesting concepts, experiments, and theories.

But all of this reading will not fundamentally prove anything to you personally, except perhaps to show some, that highly credible authority figures do indeed believe in, and are now studying, the highly mind-bending aspects of the *presentness* of space AND time.

A better way to prove the reality of all this I think, is to engage in the past time energy re-absorption techniques that I will be outlining shortly, so that you can see for yourself that using them will allow you to greatly invigorate yourself energetically.

By this I mean, you should not take my word, or any scientist's word for it.

I suggest another option, and that is to explore the expansive *presentness* of time yourself, by using the techniques that I will outline in this chapter. With them you can regain the power that has been siphoned from you in what you perceive as a past time event.

This re-absorption of lost energy is life changing, in ways that are difficult to describe to those who have not participated in these exercises. I therefore hope that you give them a try, and see for yourself if they are worth your effort, and if they do indeed begin to change your life in a positive way.

Before we get into the how-to of technique, please indulge me for a few seconds and contemplate the possibility that time as we usually perceive it is an illusion. That you are not stuck in time, the slave of time, that instead you can change past things at least, by taking back all that has been taken from you by the Great Archon. That you can do this by re-absorbing all of the energetic loss through energy flares, and even re-absorb the entire energetic foundational

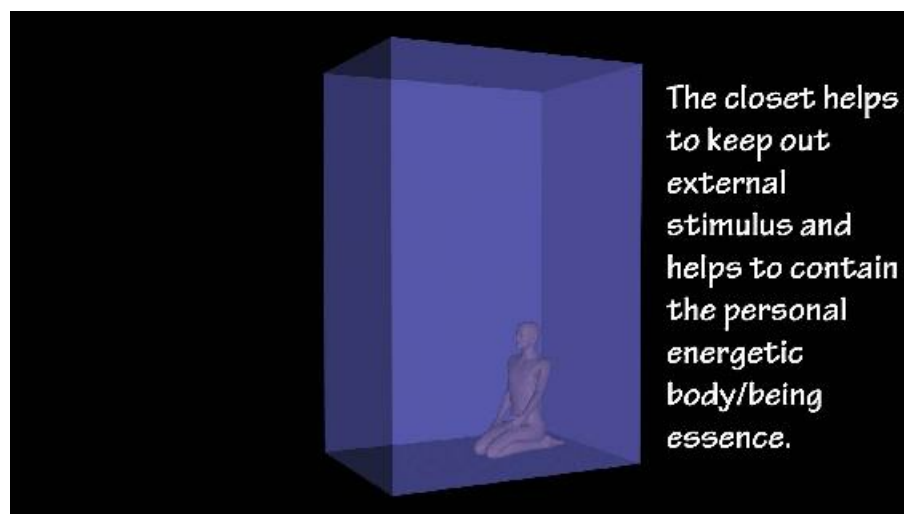
essence of entire past negative events, just like I mentioned in the last course chapter.

After you have placed your attention on this amazing possibility for a while, and hopefully therefore have begun to create new synaptic possibilities in your brain, you can begin to work with this, quite literally, time bending technique.

In order to absorb past emotional energetic loss, you must absorb that energy that you expelled in the past, in the same way that you have learned to absorb energetic loss in the present moment.

The difference between energetic absorption in the present, as you judge the present using your physical senses, and re-absorption in the past, is that you must go back to that past to do it.

The best way to do this is to find a quiet, preferably dark room (the smaller the room the better so even a nice quiet closet is good), and re-live (that is remember) those old experiences you wish to re-absorb or heal energetically.



*Figure 30 The perfect place to begin the re-absorption process.*

When I say heal here, I am being quite literal. Any such highly negative past emotional events are really like small wounds in your energetic body. It is these wounds that drag your attention back to such past events; often times making you re-live, over and over again, these events which then continue to drain you energetically. Until one day, you look back at your life to see that you are energetically bleeding from the thousands of wounds that you have received throughout your life.

This is the reason for the many flashbacks that people may experience, and the reason why you may have to repeat the re-absorption process if your mind keeps going back to this past time event, because any such flashbacks are usually the result of a large wound in your energetic body.

What is happening here, when you keep getting these often terrible feeling flashbacks, is that there is a large emotional gash in that past time. This wound in your energetic body is actually a point in the past where you are expelling a great deal of emotion. And this large pooling of energy that continues to accumulate in that past event, actually grabs at your attention like a magnet: the bigger it is, the more it tugs at your attention.

As your mind goes back in time, new energetic flares are released, as you re-live that past event, and a giant energy pool is created that transcends time and space, which of course is being fed on by Archonic forces. This pool of lost energy is like the petal of a flower, that opens up and spreads across that moment in time. As it blooms, this energetic flower (or weed I suppose) provides the Archonic Host with a type of sustenance that transcends time and space, so that these energetic petals will keep the Archonic Host well fed for the rest of your life.



*Figure 31 Like the petal of a flower that unfolds through time and space, an emotionally powerful memory forever traps your attention, creating emotional wounds that will drain your energy throughout a lifetime.*

It is important therefore to stay vigilant mentally. If your mind does keep going back to a specific moment point, even after you feel that you have re-absorbed all of the negative energy that you may have lost there, you will need to do the above re-absorption exercises again until there is no more tugging on your attention. This tug at your attention then is useful because having mastered the techniques presented in this chapter, you can use it as a tool to help you find these energetic wounds in your past, and heal them.

Using this tug at your attention as a tool, you can start making a list, of past times when you feel that you may have lost a great deal of energy. This list can be as long and as complex as you like, but make your first list a simple one with not too many entries, so that you don't overwhelm yourself out of ever trying to do these exercises. And do keep in mind the fact that you can go back in time and re-absorb all that you have lost energetically and all that was energetically projected *onto* you.

You can for example re-absorb:

- Personal emotional flares.
- Negative energy and intent from others.
- Negative situations in general; which is the absorption of the entire memory scene, so that the entire event becomes energetically null and void.

Once you finish your first short list of memorable events, if you are satisfied with the results that you obtained from re-absorption, you may want to create another more complex list, one that includes even the somewhat less intense emotions that make up an average day for you.

If you do decide to make one large list after you have proven the validity of these techniques on a smaller list, I would recommend that you make this second list in chronological order, starting from this present moment and working your way back through time, perhaps to your earliest personal memories. This can of course become a long and complex list, so remember to use your journal to put all of this together in a systematic and orderly way.

Going through a short or a long list of memorable events will involve commitment on your part, in that you will need to spend a certain period of time, maybe twice a week, in a quiet place by yourself where you will not be disturbed, re-absorbing past energy loss.

Do remember though to take it easy at first, introduce this new routine to yourself in an easy manner, so that your mind does not dissent too much. In this way, you will begin to get a feel of the many benefits of using the re-absorption technique in an effortless manner, as I mention in the course introduction.

Some of these benefits will include an instant sense of vigor and lightness that comes from the release of past pain and negativity. In time, you will also begin to really feel the extra energy that will be at your disposal, in the form of more focus and intensity of attention. You may also experience a clearer mind and mental framework, as you declutter yourself of the many attention grabbing memories that have become a part of your life. And you may also experience a sense of good fortune and a feeling of personal empowerment and freedom.



You might be wondering, “Is it really possible to remember all of these past memories in such detail that they induce emotion?”

Well, you may be quite surprised at how powerful your attention becomes, as you progress through even the first short list of memorable events. And as the power of your attention increases through the energy re-absorption of more and more past events, you will become more proficient at using these techniques, and will eventually find that your memory recall will also become more powerful. This, I hope, will impel you to want to use these techniques further, until one day you may find that you have used them to *re-view* and *re-absorb* most of your past life history!

The power available to you at this point will be extraordinary and you may wish to continue to re-absorb the rest of your life events in a free-flow manner, going from one past event to another in an organic fashion like a butterfly moving from flower to flower.

I cannot tell you specifically how well these techniques may work for you; I can only tell you what they have done for me.

- First, they have given me, and continue to give me, as I take time to repeat these re-absorption exercises every few months, an instant sense of invigoration that increases my energy level; my vigor, and my sense of youth and freedom.
- I feel lighter, like the great sum of my past has been taken off my shoulders, I feel freer. The more I engage in energetic re-absorption, the freer that I feel.
- My attention has increased, and by this I do not just mean attention span, even though there is an increase in this type of attention. By an increase in attention I also mean that there has been an increase in my ability to focus on inner realities, on more subtle and expansive inner worlds. And I am able to project that attention much further, far beyond the confines of my physical here and now place, to sometimes even other new planes of reality. As a result of all this, I feel that my intellect has increased dramatically.
- Thanks to such expansions of attention and awareness, I have begun to truly refine the energy stored in my Cauldron, which may allow me to have a chance at what I would classify true freedom someday.

It is my hope that this course will also allow YOU to experience all of these benefits! And that it perhaps allows you to gain in ways that surpass my own!

# Techniques

I am often asked about how to perform one particular technique or another better.

I for example, may be asked how to create truly powerful servitors[\[1\]](#), or how to master the ability to have powerful out of body experiences on command. These are very natural questions that show a person's desire to evolve within the realm of Alchemy in whatever direction they choose, in accordance to their true inner values and talents. This is the most valid way to advance in power and technique as a sole practitioner.

Such natural inclinations towards one particular aspect of this science (whether you wish to call it Alchemy, sorcery, witchcraft, magic(k), psychic development, manifestation work, etc.) is healthy, and provides the natural impetus that a person needs to 'stick to it', in order to become the powerful individual that they are meant to be.

But such a venture into the most powerful forces available to a human being, has the potential of being slow and difficult if the practitioner is not given a glimpse of the 'bigger picture,' and through those insights is shown how it really all works, and how it is that they may truly advance in their training.

As such, I feel that it is my duty to not only provide a detailed explanation of oftentimes secret techniques and magical knowledge, but to also put all this in context by trying my best to show you the big picture and how all of this is possible.

**It is incredibly important therefore that you realize that all things are related, that all of the things in my books, and in this course, are vitally related one to the other and to Alchemy as a whole.**

For example, the creation of servitors is intimately related to the creation of the personal energy body needed to be able to perform out of body projections correctly. So, as you excel in one, you naturally progress in your ability to do the other.

In this particular case, both of these techniques involve the manipulation of energy and intent in order to create a multidimensional energetic vessel, able to contain and maintain a cohesive personality essence of differing potentials and magnitudes.

Such an endeavor absolutely necessitates that the Alchemist be able to manipulate energy, and **most importantly that the practitioner has enough energy to make such an act a reality!**

**IT'S ABOUT HOW MUCH ENERGY YOU HAVE! EVERYTHING IS  
FUNDAMENTALLY ABOUT HOW MUCH EXTRA ENERGY YOU HAVE, BECAUSE  
THE ONLY WAY TO PERFORM WHAT SOME WOULD CALL MIRACLES IS TO  
HAVE ENOUGH ENERGY TO ACTUALLY DO IT.**

This course then is OF VITAL importance in your development of anything that you may do in Alchemy, magic(k), sorcery, witchcraft, manifestational work, immortality projects etc., because the techniques such as the ones in this course, are really the only way to gain the EXTRA ENERGY that you will need to perform real magic(k).

This is such a big and important truth that I cannot emphasized this enough. If I could, I would highlight this in glowing neon in the biggest font possible!

There are always those who doubt, or those who try but just cannot ever seem to get the results that they want. Such frustrations are understandable given that hardly anyone has ever told people the truth when it comes to this kind of work.

Hardly anyone tells people these things: as I said, they may even talk about the great Archonic problem, or they may speak of the many procedures, techniques, or supposed spells to do this or that amazing thing, but they never tell you the fundamental truth.

This fundamental truth is that you need extra energy FIRST, because without enough energy you will never succeed to the degree that you may want. Another way of saying this is that you may be successful to some degree depending on the amount of energy at your disposal at the time, but you will never have the *consistency* or *power* that you want until you have absorbed, re-absorbed, and stored enough energy.

If you try to have out of body experiences for example, you might have read in a book that you need to induce a trance state or wake up in your dreams somehow. In a good book on the subject, the author may provide a number of techniques designed to do this, but I find that in these books it is seldom mentioned that what is most important in waking up in dreams or in being able to induce trance states is *personal energy*. They seldom mention the fact that if you try to do these techniques without the extra energy required to do them, you will most likely not get any consistent results at all.

This is why in my book on this subject I take a completely different approach; I show the practitioner how to change their Cognitive Position and how to move outside of their physical body only through the use of the conscious attention. I show the practitioner how to use their conscious attention in an incremental way that allows them to train that attention and naturally begin to amass the personal energy needed to do what some consider impossible (in a similar way to *The Gate* visualization technique presented in Chapter 3 of this course). I also provide additional books that clearly spell out the need for this extra energy in order to increase attention,

and I provide step by step procedural techniques on how to gain more energy.

**Energy is the key therefore.** This is the reason for this course. It is so important that I felt that I *needed* to create a complete course on The Great Work itself. This is why energetic absorption, re-absorption, and storage are such critical techniques to master. If you wish to succeed in anything within the realm of magic(k) and Alchemy you need extra energy, **and energetic re-absorption will provide you with loads of extra energy!**

Without enough energy, nothing of great worth is possible, at least not from an Alchemical perspective, because without a concentration of refined energy, true transmutation/manifestation, multidimensional travel (astral travel), the creation of the Philosophers' Stone, and the transmutation of this Stone into the immortal vessel are not possible.

Without the extra energy needed, most practitioners will find themselves in an odd limbo where they get good results some of the time, and completely fail at other times, and for the life of them they just can't seem to figure out the reason for these inconsistencies.

You should by this point in the course, if you have been practicing as I have recommended, have a very good understanding of energetic absorption. Perhaps you have already been consciously absorbing all negative energy that comes from within yourself, the people around you, and even the many negative situations (that is the negative synchronicities, events, and blighted energy spots) that you come across on an average day.

At this point in your development then, you can think about dedicating yourself to the final energetic absorption step, which is the energetic *re-absorption* of all of the energy that you have lost, and continue to lose (as your attention is forced to focus on past events) as a result of your past history.

**The final goal is this:**

**COMPLETE ENERGETIC RE-ABSORPTION OF ALL LOST ENERGY, AND THE HEALING OF ALL ENERGETIC WOUNDS THROUGHOUT YOUR ENTIRE LIFE HISTORY.**



*Figure 32 The many energetic wounds that drain us, age us, and weaken the power of our attention.*

This can be a daunting task if you try to imagine the far-reaching scope of it, and honestly I don't want to shy away from the magnitude of all of this. I want you to realize the scale of this task, because through this realization I hope that you may understand the incredible prize that the completion of such a task can bring.

In the simplest terms possible, the completion of such a task brings about true and complete personal freedom from the Archon, from this material world, from this dense vibratory frequency that you are bound to, and provides the energy needed to overcome the eventual dissipation of individuality that happens after physical death!

BUT I don't want you to feel that such an accomplishment is an impossible task either; like me presenting you with a sheer rock wall and then expecting you to somehow climb it.

Instead, I want you to realize that all journeys begin as they say, with a single step, and the best way to begin this journey is to realize that it is no journey at all, that it is actually a new way of being, a new and yet completely natural way of engaging the world from an energetic point of view.

This means that instead of seeing this as a monumental task, you can just see it for what it is; a better way of dealing with all those memories, all those past negative events, that keep tugging at your attention and weakening you; binding you forever to past encounters and occasions that, if left unchallenged, haunt the rest of your existence on this Earth...and will be there waiting for you one last time upon your death, as you review your life history one last time upon the dissolution of the self.

## **Exercise: Making a List, Checking it Twice**

As we stand in the *presentness* of our day, and try to pay attention to the many things that we need in order to function in this world, we are quite consciously and subconsciously having this precious attention diverted to the past, and to the potential future that such a past seems to point to.

If you have gone through a really strong emotional situation, it may be easier for you to realize the exact moment when this memory invades your present moment consciousness and diverts your attention, because the power of this old memory may assault your mind in a quite vivid manner. But there are also many smaller memories that tug at our attention every day, that color our daily experiences, and influence the actions that we take.

We are all the sum of all these memories. These memories (mostly of a negative nature) haunt us, and divert our attention in a seemingly subconscious way, throughout the length of our lives, more and more, as our growing life experience fills us with memories of all kinds.

If you can remind yourself to be just a little more vigilant, of the many thoughts that go through your mind during a typical day, you can begin to quickly identify these silly and sometimes painful diversions to your present moment. These memories can involve petty things, almost subconscious things, but can also be quite painful and emotional past events that you are forced to re-live, which then continue to drain you of energy.

The journey towards complete energetic re-absorption is just a simple step really, and it involves dealing with these many wounds in your psyche, in your energetic essence, in a new way.

This new way means that you must learn to deal with your attention and the many thoughts that crowd your conscious mind, using a highly practical and efficient point of view that we may term, the *energetic view*.

To start this process, I just want you to pay attention to these memories that cloud your mind on an average day, and to write them down in your journal when you have them. Concentrate for now on the bigger memories, the ones you clearly remember and that seem to repeat themselves often. It doesn't matter when these big memories happened; whether it was yesterday or many years in the past.

Use the journal that you started for this course and write down these attention-grabbing memory flashbacks as soon as you have had one. By paying a little more attention to the flow of your mind, especially when you are feeling negative, you can probably have a pretty good list of negative memories in just a few days. Examine the list to see which memory flashbacks are repeating themselves. Also rank them if you can, in order of most painful and most emotionally draining. See if you can get a total of 5 strong memory flashbacks on this list.

Then, with this list in hand, empower yourself by realizing that you now have a way to rid

yourself of these oftentimes painfully debilitating memory rips in your energetic structure.

The next step is to schedule some time at the end of your day, or whenever you find it most convenient, and begin to consciously practice energy re-absorption.

## **Exercise: Energetic Re-Absorption**

You will need a quiet place, twenty minutes or so, and the dedication to do the techniques required at least twice a week for as long as it may take to re-absorb the most distracting and painful memories on your list.

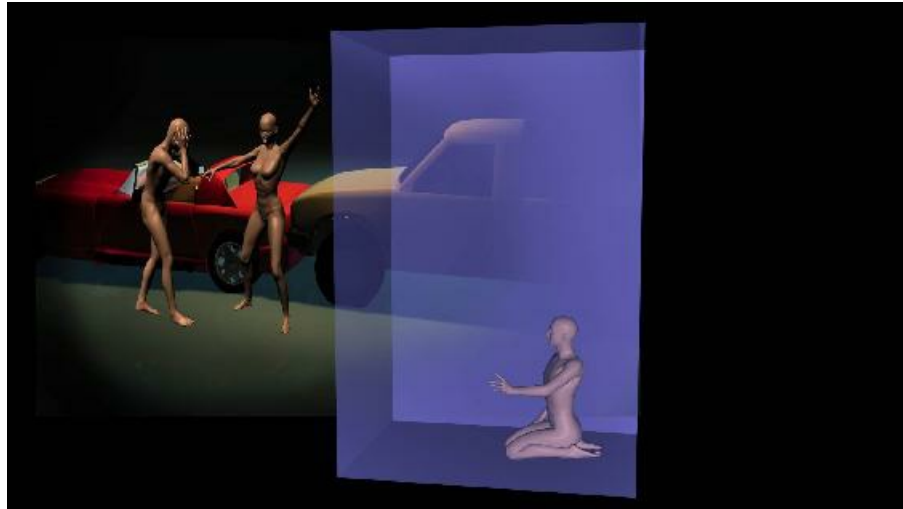
Do realize that you may need to perform the re-absorption techniques more than once for each particular memory event, if you wish to completely null the power of an old memory and heal an old energetic wound. Indeed, this re-absorption process may take a few weeks or months depending on the severity of your past emotions, and a really traumatic memory can sometimes take years to clear up.

Begin with those pesky ones from your list, just to prove the validity of these techniques to yourself.

In this way you will be ridding yourself of these old debilitations, and you will also be engaging in the act of discovering your own Energetic Truths, because the validity of these techniques will become, I feel, quickly apparent to you as you progress through the re-absorption of the memories on your short list.

So, as you perform the energetic re-absorption techniques, use all the skills that are now at your disposal, especially your Inner Feeling Sense, which in this case is used to feel the energetic waves of energy around you, to feel the energy as it drains away from this past memory and is moved into your Cauldron for long term storage and refinement.

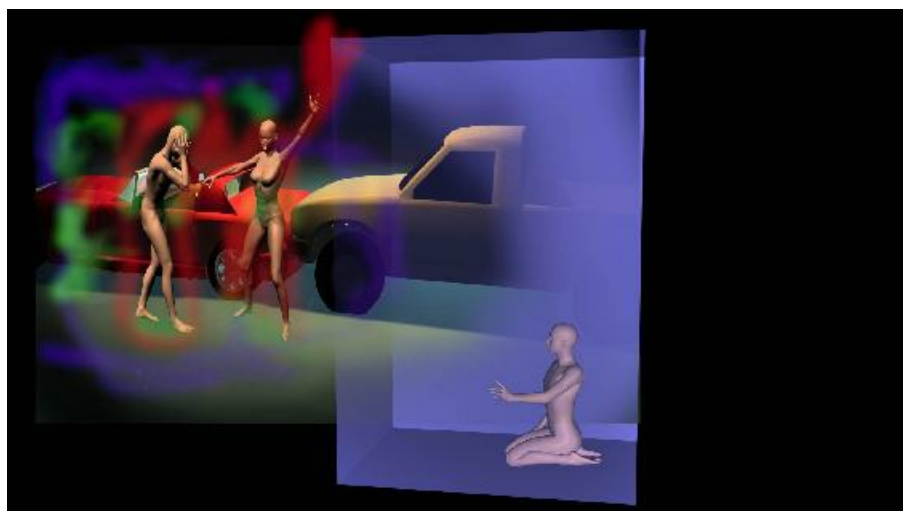
- During a quiet moment in your day, perhaps in a small and cozy place, close your eyes and try to recall one of the memories from your list.
- Like any memory, you may see it in a somewhat fragmented and disorganized way at first. That is, these memories, as you focus back into this past time, may appear in your mind's eye in a fragmented manner, in that you may perceive one block of past experience after another, but not necessarily in sequential order or with much clarity.



*Figure 33 Use your attention to move vibrationally back to that past time, and strive to refine this memory.*

- You must therefore try to bring order to this inner vision, because the clearer that this past memory becomes, the greater that your vibrational change becomes; which essentially means, the more of your essence that you are able to project back to that supposed past time.
- Remember what I said about our ideas of time and space; time and space are illusions brought about as a result of limited sensual experience. The only difference between the ‘you’ of today, and the ‘you’ of yesterday, is vibrational. By focusing your conscious attention on a past memory, you are quite naturally changing your energy body’s vibrational intensity or frequency. This means that the more vividly that you can recall that past event in your mind, the bigger that your vibrational change will be.
- So, with your eyes closed, relax your body as much as you can, and with as little stress as possible, focus your attention on the memory you have chosen from your list.
- As this past time becomes more vivid in your mind, and as you forget more and more about your present body in the present time, you change more and more vibrationally. One could say that you are slowly inducing a very light trance; I would personally say that your Cognitive Position is changing slightly.



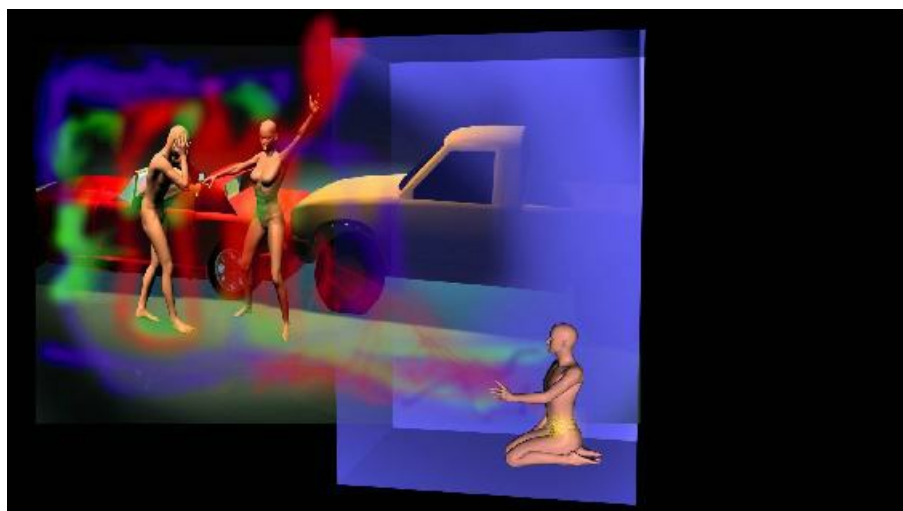


*Figure 34 Keep focusing on that memory until you begin to feel everything that you felt during that past time.*

- But the point is that as your focus on this past memory intensifies, you may start to re-experience this past event strongly, so that you start to feel some of what you felt emotionally in that past time. When this happens, you need to use your energy pumps, to suck this feeling-emotion energy into your core storage area, your Cauldron, as you did before.
- As you begin to strongly re-live a past memory, you may experience a tension in your body which may then appear to you as a strong feeling or emotion. This tension-emotion is happening to your physical body now, in that dark room in what you may consider the present, but it is also happening to you energetically both in this time and in that past time at the same moment, because your energy body can transcend time and space.

Use the energy pumps to Pull that energy (that emotion and tension) from your physical body, but also, and most importantly, from the energy body that is now engaged in the act of perceiving two different aspects of its multidimensional self, through a modulation of its intensity. Absorb everything from the whole of you; that is both in that past memory and in the present time.

- Try to really feel the energy being pulled from this internal past memory scene, from the tensions in your past and present bodies, and into yourself. If you need to, you can raise both your hands and use them to help you Pull this energy IN from that scene, in the same way that you did when you tried to pull the cup on the table towards you.



*Figure 35 Use the power of your Energy Pumps to Pull all of that negative energy and intent into your Cauldron.*

- Feel this old memory; try to see it so clearly that it feels like you are back there in that time, looking through those past eyes. If you have trouble experiencing this old memory as a three-dimensional visual scene in your mind, or seeing it in a clear way, then focus on the feeling of being there; try to really feel yourself present there. And once you do this, ingest what you may be feeling now OR what you remember that you were feeling then (even the ingestion of the memory of the feeling is important).
- As with the visualization exercises that you did in Chapter 3, you will find that you get better results by relaxing instead of tensing up. Don't push the memory therefore, instead try to relax and let the memory happen by just focusing your attention back into that past time, that past memory. Remember by paying attention to the past, and in this natural way, let that memory unfold all by itself.
- Now, if others had projected negative energy upon you, then ingest this energy now as well. Remember to take on a Predatory Stance as you do this, so that you have a feeling that you are taking this negative energy, which was projected upon you, and making it yours; consuming it to your benefit.

**I would actually say that keeping a Predatory Stance throughout the WHOLE energetic re-absorption process is quite vital, because this Predatory Stance will enable you to also re-absorb energy from all painful personal memories, that may now feel like foreign energy and may be comingled with Archonic Intent, as this Archonic force continues to intensify and consume these memories throughout your lifetime.**

- Finally, also remember to absorb the scene itself. Absorb the whole event, the entire synchronous happening that led to the unfolding of this incident. Absorb the whole scene,

so that you may even note that the memory of this entire event fades from your mind!

- And all the while, continue to move this energy into your Cauldron, truly feeling that this energy is being packed in there, and that the ball of stored energy in your Cauldron, is growing bigger and brighter with every bit of energy that you absorb.
- Continue to do this until you stop feeling any strong emotion, until it gets to the point that as you look back on this past event, you feel no emotional charge from it, and it may even begin to be the case that you have a harder and harder time remembering this event at all.
- As you perform the re-absorption technique, it may come about that at a certain moment you will feel, like a deep inner knowing, that you are done consuming the energy that was left behind in that past time-place-event. When this happens, you can move on to the next memory.
- You will though have to repeat this re-absorption process if your mind keeps going back to this past time event again, because any such flashbacks are usually the result of a large tear in your energetic body that needs to be cleansed and bandaged a few times in order to heal properly.

As you feel the past energy move up your energy channels, as you ingest it into yourself, the energetic power recovered from this preliminary list of memory/events should be potent enough to show you in a quite concrete way, the great benefit to be gained from the employment of these re-absorption techniques.

You will most likely instantly feel more invigorated, and as you move this energy into your Cauldron, you will not only feel this energy move through your system, and therefore prove the validity of the many energetic pathways within you, it will also make available to you more energy that you will be able to channel into whatever endeavor you may desire.

AND as this energy is drained out of these memories, your attention will no longer feel the strong pull that it felt before. Once the mind begins to free itself from all of these aberrations in its structure, it will have far more power, insight, and creativity, which again will only serve to benefit you on the whole.

All and all, such energy absorption and now re-absorption will *greatly* increase the energy available to you over time. And as you become more proficient at packing this energy into your Cauldron, and refining the energy packed in there through the use of your Inner Feeling Sense, your Push/Pull energy pump, and your attention in general, you will naturally begin the process of creating the Philosopher's Stone.

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[1] A concentrated thought that is given form through attention, and is directed towards performing a specific task.



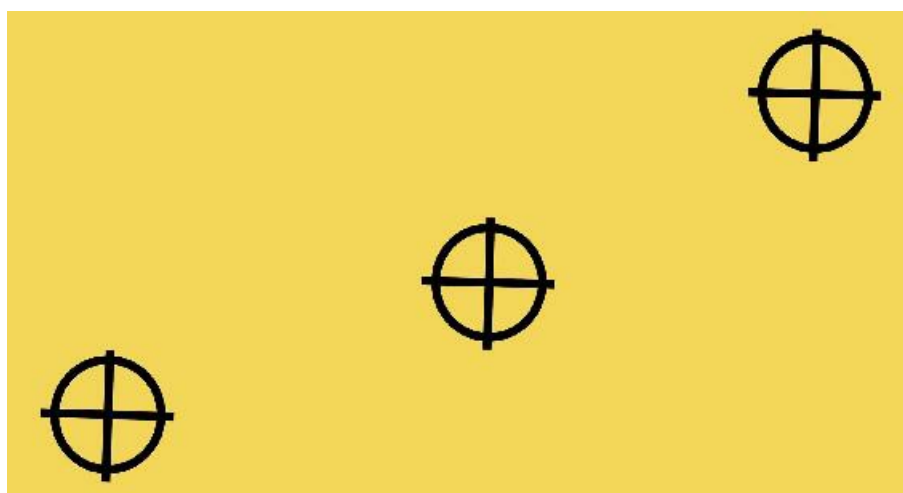
## CHAPTER 7

# REFINING YOUR STONE INTO A JEWEL

## Concepts

In the process of putting all of these techniques and procedures together in one course, it became quickly apparent that I would need to push the boundary of what I originally intended to communicate and teach. The amount of material presented in this course could not stand alone without the cohesive binding component behind it all. Without this binding unit, all of these concepts and techniques would have seemed like separate and distinct things that may have had some relevance together, but on their own do not have any underlying power; no true unifying intent.

This final and true component (which in itself is an archetypical intent within the human race) is, as I stated in the introduction: *The Great Work*. It is the development and refinement of the *Philosopher's Stone*, which is the true and fundamental first intent of all Alchemical work.



*Figure 36 Inner Alchemy: the Trifold way.*

This course then has needed to become a detailed operational thesis for the accomplishment of The Great Work. The procedure for crafting The Great Work is as follows:

- A basic outline of the true state of the world, so that the apprentice can discover the need for The Great Work him or herself.
- The ability to realize *personal enlightenment* through the discovery of personal beliefs and the power of personal attention.
- A presentation of the 'door of destiny' or 'gate.' This magical gate is opened through the perfection of personal attention, which is accomplished through the ability to vividly visualize using all five senses. This is a very important step in the final accomplishment of

The Great Work because this step:

- Firstly, shows the practitioner what true magic(k) really is, and provides a method by which the practitioner may become a true magician or sorcerer. This is because a master of this gate has developed the ability to create true and utterly complete worlds that they can manipulate and live within.
- Secondly, it gives the practitioner a clear gauge of the current power of their personal attention, and shows them why it is so important to increase this attentive/energetic power; the reason being that the more extra energy that they have, the more that their attention can accomplish. With enough extra personal energy and focused attention, an Alchemist or magician can build new realms of existence, affect this physical world just with the creations of his or her mind, and even begin to contemplate the idea of moving past this human reality completely and into worlds beyond description.
- The employment of the Inner Feeling Sense in order to begin to *see* the true reality of their own being and the world at large. With this ability the practitioner develops the ability to understand and to directly know all things in a way that far surpasses what is perceptively possible through the use of the physical senses alone. The mastery of this technique allows the practitioner to greatly surpass mere dogmatic and *a priori* knowledge of any kind.
- The discovery and employment of the personal energy body through the use of the meridian systems, conscious breathing, and energy pumps.
- The energetic absorption technique in order to absorb all present energy loss.
- The energetic re-absorption technique in order to absorb all energy loss throughout the Alchemist's entire life history. This technique also allows the Alchemists to heal all energetic wounds and attain total cohesion of body and mind. And most importantly, it allows the Alchemist to tap into a near infinite source of power that they can make use of in order to accomplish all energetic tasks.
- Finally, the techniques that are used to safely store and refine the energy contained within the Alchemist's Cauldron. It is only through these final techniques that the creation of the Pearl or Philosopher's Stone can be achieved. It is these techniques that are responsible for turning pooled energy into a true Jewel inside the body.
- An important addition in this particular course is the technique that can be employed to use some of the power contained within the Stone to manifest/transmute **NEEDED** things into existence, in accordance with Maslow's Hierarchy of Needs. This is the first use of the refined Stone as a transmuting substance, and epitomizes the allegorical process of turning lead into gold.

This then is a complete program of study and action, which can lead anyone with enough sustained determination and effort, to finish the *Magnum Opus* through the creation and use of their personal Philosopher's Stone.

In this seventh chapter of the course, we need to discuss the final required step in this process of The Great Work. This final step involves an ever-growing conscious effort by the now practicing Alchemist to refine and elevate in every way possible, the energy they have worked so hard to acquire. This refinement, like all other things within the sphere of Alchemy, demands the full attentive power of the Alchemist. In this case the attention must be focused on the act of turning the energy in the Cauldron into a true Jewel of amalgamated energy.

This final unification process can be loosely separated into three parts:

- In the first part, the Alchemist dedicates him or herself to a lifelong process of energetic absorption and re-absorption in order to maintain their energy levels as high as possible. Without this extra power, the Jewel is an impossible endeavor.
- In the second part, as an Alchemist's ability to work with energy grows, it becomes possible for the practitioner to greatly control their emotional stability and the direction of their attention. This allows them to contain their energetic essence so that it is not wasted on any careless indulgence or on any dis-balancing circumstance the world might throw at them. This mastery in personal energetic containment then greatly facilitates their ability to amass more and more energy and is eventually responsible for their ability to stop all Archonic feeding.
- The third part concerns itself with the Alchemist's commitment to keep focusing an ever-increasing amount of time and attention on the act of packing and condensing the amassed energy in their Cauldron. The final outcome of this work is to be able to create, to manifest, to transmute into existence, within this Cauldron area, a finely packed conglomeration of energy that can begin to defy all rational conceptions of time and space.

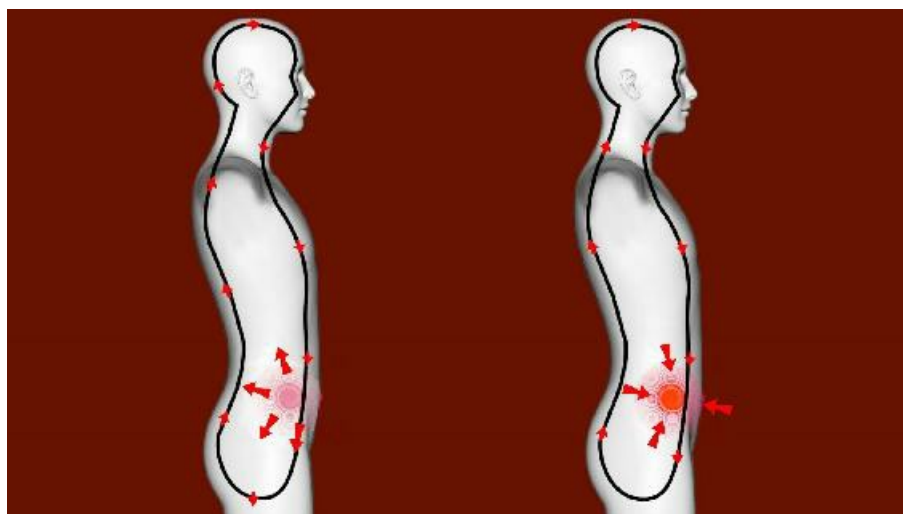
This crystalline like energetic assembly of refined energy needs to be worked on, through the attentive power of the Alchemist, to such a degree that it eventually begins to exist as a true objective thing inside the Alchemist's body.

This final trifold process within the trifold way, is a *life task* (a life-long task) that will require a great deal of patience, courage, and effort. It can be said that once these techniques are mastered and the work is well underway that it becomes a waiting game of sorts, as the Alchemist sticks to his or her work and carefully considers how they will expend their accumulated energy in order to best accomplish their personal goals.

At the beginning of this process, this energetic sphere that you are beginning to create, will grow in power and cohesion slowly over time. It will also have a tendency to move and dissipate through the body so that the Stone (or Pearl if you prefer that term) may feel like it spreads out



from the Cauldron area, and moves through the many energy channels of the body. This is only temporary so there is no need to worry, and as you continue to practice paying attention to this sphere of energy and packing this energy into the Cauldron area, these feelings of dissipation will lessen over time. As long as you do not engage in indulgent emotions, and continue to absorb and re-absorb energy, this energy that you have been able to collect is safe within the body. And as you focus your attention on packing your accumulated extra energy into the Cauldron over and over again, this process refines the Stone more and more over time.



*Figure 37 The power within your Cauldron will have a tendency to move within and around your body's energy channels; it will seem to dissipate. This is natural and will only increase the power of the Philosopher's Stone as you continue to re-channel this scattered energy back to your body's Cauldron.*

The ultimate goal of this refinement through attention and packing, is to quite legitimately create a type of objective Jewel or Pearl, that will contain, will be made up of, all of the accumulated energy that you have been able to acquire and store throughout your entire life. **This Jewel will in time become a true objective thing inside your physical body, but it will also have the ability to exist, be a part of, multiple dimensional worlds and to completely defy current ideas about the nature of time, space, and reality. Simply put, it will become a non-organic vessel able to exist in multiple dimensions.**

Now, as a result of the extra energy in your meridian and body system, acquired due to your work on the creation of this Stone, you may note that emotional outbursts may become stronger, and that your ability to concentrate and give energy to any task will also increase. The people in your life may note then that you have become more passionate (obsessive), and perhaps even mercurial in nature at times. Some may perceive the opposite; thinking that you have become somber, detached, brooding, and dark. These opinions as to your changing nature will be the result of your increasing focus of attention, your emotional control, and your drive towards what may seem to others to be an abstract goal.

You may also begin to notice some odd and highly personal phenomena like; bright lights before your eyes, the feeling of intense energy moving through your body, changes in appetite, and perhaps even poltergeist-like activity. This is all the consequence of the increase of energy in your system, but as you learn to control this energy these minor phenomena will dissipate.

You should therefore be careful not to get too emotional and you should learn to choose your battles. Carefully consider what you decide to give your energy to, because whatever you focus your attention on will become more pronounced and intense within your life. And since we human beings, as sentient aware beings, *must* give our attention to things, make sure that you give this attention to the things that you most need and desire.

My personal advice on the use of the Stone?

Such a thing is honestly ultimately none of my affair. All I can do is point out how this power should be used in accordance with Alchemical practice. And as you might have guessed, Alchemy denotes three uses for such power, each use of this power being sort of like a stepping stone that leads from one to the next. They are as follows:

- The first is to survive in the objective world. As Maslow's Hierarchy of Needs<sup>[1]</sup> so eloquently shows us, there is an order to our needs and to our ability to survive and find comfort in this physical world. Most Alchemists believe that the power of the Stone needs to be used for this purpose first.



*Figure 38 Maslow's Hierarchy of Needs depicting those needs that you must satisfy before you can comfortably engage in self-actualization.*

We can't escape the world. Whether we climb the highest mountain or bury ourselves in the deepest cave, we need to eat, sleep, keep warm and even deal with the people of this planet

to one extent or another no matter where we go.

As the power of our Stone increases, we need to use some of this power to climb up Maslow's list and create a safe and comfortable world for ourselves. Only then will we have the space and safety needed to begin the second part of the journey.

Here, the Stone is 'the great Stone of transmutation that turns lead into gold' and brings material power to the Alchemist. But the Alchemist needs to be very wary and sober as they go through this process, because he or she must find balanced comfort and safety, not utter splendor and indulgence. If the Stone is used too much for this first purpose, there will not be enough power left for the real intent behind all this work.

- This brings us to the second use of the Stone, which is as a vehicle that allows the Alchemist to refine and completely solidify the double (energy) body. Now that we have progressed so far in this material, we can use better terminology here, so **instead of saying that we are solidifying the Double, we can say that what we are really doing is refining the Stone in order to turn it into a Jewel, and then to keep up with this refinement, this transmutation, until we have brought into existence a non-organic vessel that can then contain and keep safe our growing awareness and individuality, even after physical death!**

This is often considered to be the most important function of the Stone: immortality through physical transcendence.

But it should be noted that to use the Stone in this fashion does require advanced work, as the energy contained within the Stone must be further refined until a true Jewel is fully created. After this point, this true Jewel must be combined with the complete individual consciousness of the Alchemist. This is a complex process that requires time and attention. And as this process unfolds, the Alchemist begins to let go of the physical three-dimensional world, until one day, at a certain hard to define time in one final point in three-dimensional space, they are just no longer there from the point of view of a regular person who is still trapped within the confines of this world.

- And only once these two tasks are done, does the trifold path really begin, as the Alchemist uses his or her hopefully powerful double or energy body, his or her newly acquired non-organic body, to transcend the dimensional divide and fly deeply into the vastness Out There. In this third purpose of the Philosopher's Stone; as a non-organic host for the Alchemist's individual awareness, it is used to fly beyond this world permanently, as the Alchemist begins a decisive journey into the farthest reaches of the Dark Sea.

The Philosopher's Stone is THE KEY that opens the door to true freedom and the Outer Worlds, and this is usually only possible after a lifetime of effort.

This way is an ancient way, for our history as human beings on this Earth is far longer and far stranger than many suspect.

# Techniques

The Magnum Opus is a life task for the Alchemist, because it is only after a lifetime of effort that the Great Jewel can be created and used to its full effect.

There are those who pursue the Great Jewel of Alchemy only for personal fortune and power, but even for them, this Jewel will not fall upon their laps easily. This Jewel cannot be taken; it cannot be bought or stolen through the use of some earthly power. There is only one way, so whatever intentions you may have for creating this most sacred Jewel, there is only one way to accomplish this task, and that is the path of Inner Alchemy.

And as Lao Tzu said, every path begins beneath one's feet with a single step.

## **Exercises: My Personal Recommendations; A General Workout Routine**

It is my hope that as you read through this course, that you try to perform the techniques presented in order; first trying the techniques described in Chapter 1 at least once for example, before moving on to Chapter 2. In this way, it is my hope that you will really understand the foundational techniques before moving on to the more advanced material.

After this initial bit of work through the course, I am hopeful that you will want to really get serious and passionate about this Great Work yourself and will want to engage in a formal workout routine to make this power available in your life.

When you are ready for this, you can use the following workout routine to get started and to continue on your journey towards the creation of a functional Philosopher's Stone. As your skill and experience grows, please feel free to add or take away any techniques on this list, or to change the quantity and duration of any of the following exercises in order to suit your personal requirements.

As you progress through this Alchemical work, strive to hone your own power and abilities by learning to honestly take stock of your personal strengths and deficiencies. Use your journal to make a list of what you need to improve and what you need to do to maintain those skills that you have been able to gain up to this point. Use your journal therefore to improve your workout routine in order to suit your own personal needs.

This then would be the workout routine that I would recommend once you wish to get serious and either start or continue in your voyage towards the completion of the Magnum Opus:

- Become aware in the world; keep taking the red pill as they call it now. But don't be swayed or cajoled by the memetic war(s) happening in the world either. Look for the truth

but do not fight the endless tides anymore, let the world be what it must become.

- Study your beliefs; try to discover *all* core beliefs on all matters of personal importance. Engage in this belief discovery exercise at least twice a year.
- Practice refining the door of destiny by doing the complete five senses visualization exercises, until you can easily create your own personal universe. Do this at least twice a week, 15 minutes minimum per session. It should get to the point where you are able to bring anything into existence and perceive that thing as being real with all your physical senses, to the point that you are able to go from this world and completely into others of your own making just with the power of your focused attention and Five Senses Visualization prowess.
- Use your Inner Feeling Sense twice a week (practice on rocks, plants, animals, manmade objects and humans). These sessions should be about 15 minutes long at the beginning, and even doing this exercise once a week is a good starting point until you begin to realize just how powerful this ability can be. In time, this skill will allow you to greatly surpass the information that you can receive from the five physical senses alone. With the Inner Feeling Sense you can begin to really *SEE* the true nature of the world.
- Do 5 Full Glass of Water breaths in the morning and 5 again in the middle of the day. Once you have become proficient at doing this and really feeling the power that you gain from this kind of breathing, do these 5 in the morning and 5 in the afternoon breaths while monitoring your energy flow around the major body meridian, as outlined in Chapter 4. Remember to keep your tongue on roof of your mouth and try to feel energy moving down your palate and throat.
- Practice the energy pumps exercises at least once a week. Use the energy pumps to absorb energy through Full Glass of Water Breathing and Bone Breathing. Try to use both energy pumps separately and simultaneously, and keep track of this energy movement using the Inner Feeling Sense.
- As your mastery of the energy pumps grows, especially the First Energy Pump, begin to use the power of this energy pump to Push and Pull the energy that you are absorbing, through your breathing, around your body's major meridian.

To do this, take a Full Glass of Water in breath and feel this energy move into your stomach area, feel it pool into this area. Now, as you breathe out using the Full Glass of Water technique, use your First Energy Pump to move this energy down to the bottom of your body, up your spine, around your head, and finally down your throat, thanks to the tongue-palate connection. Take another Full Glass of Water breath in and feel all of this energy naturally move down into your stomach. Breathe out and repeat the process as before using your First Energy Pump to circulate this energy through your system again. This then becomes your new 5 in the morning and 5 in the afternoon exercise routine.

- Once you feel that you have mastered the above techniques, do 5 breaths as above moving your energy around your body, then do 5 more breaths but this time pack all of the energy that you absorb straight into your Cauldron. Practice doing 5 breaths in the morning and 5

breaths in the afternoon, and pack all of this energy into the Cauldron.

- Continue, if you have already been using this technique in the past, or begin to ingest all negative present energy using the techniques discussed in Chapter 5. Remember that this energetic absorption of all negative energy now includes the complete absorption of negative situations and events.
- Make a short list of memorable events and re-absorb these. Make a longer list and continue to refine this list until you feel that you have around 100 memorable events to absorb from your past (in refining this list, you may find it helpful to make another list of the most important people in your life and cross reference this list with the first to get the most impactful memories possible).

Ingest all energy from this past events list; ingest your energy, the negative intent and energy of others, and whole events (complete energy re-absorption of the entire memory event).

- Continue to practice energy re-absorption until you feel that you have absorbed all of the memorable events on the 100 memorable events list. After you have finished this list, you can if you want, start to re-absorb past energy in a more fluid, free flow fashion without a need for a list (make your own judgement here, remember to always be honest with yourself; always aim for impeccability, not just getting by).
- Continue to absorb and re-absorb energy, keep your tongue on the roof of your mouth while doing this, and make sure to pack all of this extra energy into the Cauldron as you do so.
- As you feel the power in your Cauldron increase, it is time to begin to refine the energy there in order to make a proper Pearl or Philosopher's Stone. Using the advanced techniques that I will be outlining in this chapter, continue to refine and begin to transmute the true Alchemical Jewel into existence. You should do this exercise for 15 minutes at least 2 times a week to start, but should increase the duration and intensity of this exercise as time and your experience progresses.
- Keep a log in your journal of any changes in your workout routine and in your personal being. These changes in your personal being may be things such as an increase in weird synchronicities, knowing intuitions, power of influence (over yourself, others, and the world at large), lucid dreams, OBEs, stronger servitors and thought forms, the ability to perceive energetic facts, instances of direct knowing, the feelings of energetic movement in the body, and the development of a more powerful Inner Feeling Sense.

## **Exercise: Advanced Refinement of the Stone**

Taking the refinement of the Stone to the next level is only possible through the mastery of the techniques already presented in this course.

First off, you need to keep absorbing, re-absorbing and storing energy. As you do this, while at the same time striving to contain energetic indulgences of all kinds, your power will grow, and as this power grows, the power of your attention will grow as well.

Secondly, you need to work on developing your ability to perceive using your Inner Feeling Sense so that you are able to clearly see/feel the energy within you.

Thirdly, you need to develop your ability to visualize vividly using the Virtual Reality Room techniques described in Chapter 3 along with the First Energy Pump technique described in Chapter 5, to move energy along your body and to pack more and more energy into your Cauldron.

And through a combination of greater and more focused attention and better mastery of the skills presented, you need to eventually begin to increase the amount of time that you dedicate to refining your Philosopher's Stone.

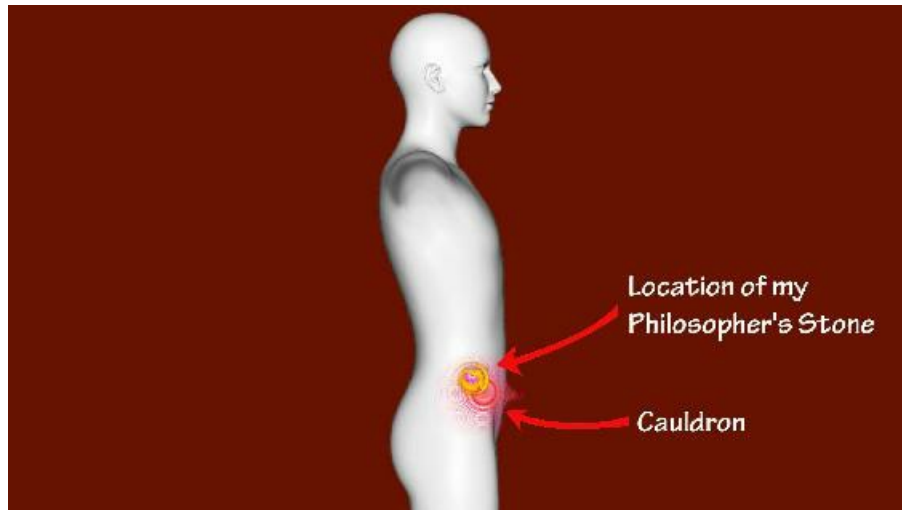
This ability to extend the amount of time that you spend refining your Stone is a natural and evolving process for the developing Alchemist. This is because as you progress through your training, you will note that as your skill in each of the techniques outlined in this course increases, you will need to spend less time mastering those general skills, which will free up more of your time. This time then becomes available to be used to refine the Stone for longer periods.

Also, after perhaps many years of work, you will begin to notice that you will need to spend less time absorbing and re-absorbing energy, because there is only so much left for you to absorb thanks to your sustained efforts. This will provide you with even more time to focus on the refinement of your Stone.

During these increasing periods of time in refinement of the Stone, you should do the following:

- Find a quiet place where you can sit comfortably, with your back completely straight, for about fifteen minutes.
- Close your eyes and use your Inner Feeling Sense to focus your attention on the Cauldron area, and then on the area where you identify the largest concentration of stored power; this will be the area where your personal Stone or Pearl is located. Trust your intuitions and your inner feelings, and feel within yourself until you are sure you have found the location of your personal Stone. If you are having troubles, use the measuring system discussed in Chapter 4 to find the exact center of your body, as this will most likely be the location of your personal Stone.

For example, I personally feel that my Philosopher's Stone is located just a little higher than my Cauldron, and a little deeper into the center of my body.



*Figure 39 Using my Inner Feeling Sense, I know that the location of my Philosopher's Stone is a little higher and a little deeper into my body than the Cauldron proper.*

- Once you have grabbed onto this place with your attention and your Inner Feeling Sense, breathe in using the Full Glass of Water Breathing technique, and as you breathe out imagine/feel that all of the energy that is in your body now moves to that location. Use your First Energy Pump to Push and Pull energy into that area until you begin to feel and vividly visualize a great ball of energy developing there.
- Now, take another breath in as before but this time imagine that you are sucking the energy from your environment and Pulling it all (remember your energy pump) straight into your Stone; not just your Cauldron but directly into your Stone.
- Keep pressing energy into this area with your focused attention and your First Energy Pump. A Jewel is created through great pressure as the power and weight of the Earth itself pushes into it creating great pressure, friction, and heat. So, you must do this with your own Stone by using the power of your focused attention to turn that Stone into a crystalline Jewel.

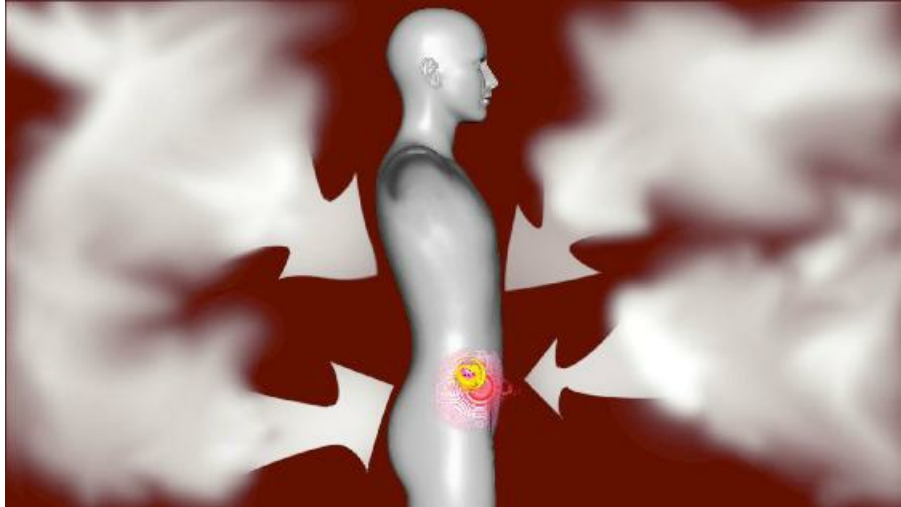
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**But DO NOT press with your muscles since this can cause stomach problems!**  
NEVER USE MUSCULAR FORCE, instead ONLY use the power of your attention, which is engaged in the following manner:

Focus your attention, your complete and sustained attention, on seeing, feeling, even hearing, your energy compress into a super compact jewel-like diamond. Do not stop this focus of attention, if other thoughts arise, let them go and re-direct your attention to this one task.

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*Figure 40 In time you will be able to Pull energy directly from the outside environment and straight into your developing Stone. Eventually even the energy pump will not be needed, all that will be needed then is the focus of your complete attention on your developing Jewel. Use your intuitions and Inner Feelings to gauge your progress.*

- **Eventually even the use of regulated breathing and the First Energy Pump won't be necessary.** All that will be required will be that you focus your attention, wholly and completely without another thought of any kind, on seeing, feeling, hearing, and therefore **knowing with your whole being** that this energy is being pressed more and more, and that it is turning into a true Jewel; a real thing, a vessel, a true non-organic vessel!
- I would recommend that you start by doing this exercise for fifteen minutes, twice a week, once you feel that you have acquired enough energy in your Cauldron through absorption and re-absorption.

And that as you progress through this work, that you increase the duration of this meditation and the number of times that you do it a week.

## **Exercise: Using the Stone in Combination with Thought Forms**

In accordance with what we have discussed concerning Maslow's Hierarchy of Needs and the preliminary use of the Great Jewel, I wish to present here a technique that you can use to begin to tap the power that you have been able to accumulate and refine.

As you may suspect, I personally would not encourage you to use up all of this power in the pursuit of material comfort and wealth. My personal recommendation would be that if you are going to use this power, that you use it to gain comfort but not opulence.

When we engage in the act of manifestation, which is really the act of transmutation, we use a combination of any number of techniques, such as meditation, spells, focus of attention, physical work, strategy, thought forms, magic(k), etc., to get what we want.

As most know quite well, the effectiveness of any one of these techniques seems to be haphazard.

Most skeptics of course will denounce any attempt at manifesting a desire through anything but physical work, as being pure craziness. But they will at the same time ignore any relation between success and the random, from their perspective, power of fate/luck/synchronicity. They will also seldom even try to understand the relation between success and personal power, and how this force goes about making anything happen in the physical world.

For those who can see beyond Occam's simplistic razor, and can truly contemplate the fact that we live in an *open* and highly *complex system*, there is the understanding that the causal relationships between the desired and the manifest involve complex interrelations between nonlocal mental actions of all kinds. I refer to this inner work or magical work, as it were, as *internal action*, and it is the use of this type of action that we will be discussing here.

Whenever we want something, either to make something happen or to create something in our world, no matter what it is, we are engaging an aspect of ourselves that I term the OUT Polarity. As you may suspect, the OUT Polarity projects energy out, it expels vitality into the world at large in order to make things happen. Most often for us humans, this means turning a thought or an idea into an actual physical thing in our everyday physical world. And this boils down to changing the frequency level of things; the act of adding more and more power and vibratory weight onto/into that idea concept, until it becomes real for us in a physical way.

I have mentioned in my book, *Manifest Wealth and Prosperity with Thought Forms and Servitors*, that my favored method to do this is to use the power of thought forms.

To use a thought form, to turn a thought or an idea into a physical thing or event, what you need to do is use the power of your focused attention to create a powerful thought-structure, and then imbed within that thought-structure a clear and vivid stamp of what you want, along with the command that this thought-structure go out and bring this desired thing or event to you. This thought form or thought-structure creation, this inner action, then travels within the inner unmanifest, the collective subjective reality of humanity, and goes about fleshing out this idea into physical form, or far more likely, it helps to bring about the synchronistic events needed to bring this desired thing or event/situation into physical reality.

In order to engage the power of your Philosopher's Stone to do this, you need to do the

following:

- Find a quiet calm area where you won't be disturbed for fifteen to twenty minutes.
- Take a comfortable sitting position. I recommend a sitting position because this allows your body to relax all muscular tension, and this total lack of tension makes moving energy through your body much easier.
- Place your hands in front of you as if you were holding a large bowl or tube.
- Focus your attention on the space between your hands.
- Use the power of your, hopefully by this time, strong visualization powers to vividly perceive a sphere of energy materialize in between your hands. This sphere should be so vivid in nature that it blocks out or blurs all those things behind it, so that it is hard to see through it and it becomes a real thing before you, very much like the blue square that I had you visualize in the techniques section of Chapter 3.

As you visualize this sphere, make sure to engage all your senses. Imagine that as this sphere of energy becomes more and more solid visually for you, it also begins to emit a sound like a low hum that grows in volume.

Also imagine that your hands begin to vibrate or somehow begin to feel the displacement of the energy sphere that is growing between them. You may even want to visualize a growing smell, like the scent of a rose or ozone in the air after a storm if you like.

Maintain this visualization for a couple of minutes.

- In the very center of this sphere, inside it, see yourself having the thing you desire. Vividly imagine yourself as an image and feeling inside this sphere, having what you want, very much like a scene caught inside a glass snow globe. Visualize this for a couple of minutes. It should get to the point that you begin to have strong positive emotions as you see the realization of your desire; project these emotions into this sphere.
- Now, use your Inner Feeling Sense to connect with your Cauldron and the powerful Philosopher's Stone that you are refining in that area. Imagine that instead of packing energy into the Cauldron and the Stone as you have done up until now, you are using that same energy pump technique to Pull out a bit of energy from here.

Imagine/feel that you Pull energy from your Stone, that you Pull this energy up your arms, and that you eventually Push this energy from the palms of your hands and into the sphere between your hands.

This Pull/Push feeling should feel quite powerful, it may even make you sweat from the effort of it. If you have forgotten what this Pull/Push feeling feels like, then please make sure that you have practiced the First Energy Pump technique before you engage in this or the next exercise.

- Continue to Pull energy from your Stone and to Push this energy into the sphere through the palms of your hands. Do this until you can see and feel this sphere become more solid, bright, and more real.



*Figure 41 Use the power of the First Energy Pump to Pull energy from your Stone in order to GREATLY increase the power of your thought form.*

- Finally, use the last Push from the palms of your hands to project the thought form sphere that you have created out into the world. Vividly see this sphere fly off as a solid and powerful cohesive entity, already engaging itself in doing your bidding.
- Have faith in your power and let this form do its work freely by trying to keep your mind clear of thoughts about it. Get up and go do something else and trust in your power.

A powerful thought form like this, infused with the extra power from your Stone will work pretty quickly at changing your world and bringing about the conditions needed for you to get what you desire, but it is important to be patient and to allow it to work as unhindered as possible by your mental chatter.

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[\[1\]](#) Abraham Maslow was a psychologist who created Maslow's Hierarchy of Needs, which is a theory that postulates that innate human needs must be addressed in a certain order.



# CONCLUSION

There is a growing number of people that are beginning to see, to one degree or another, the Archonic intervention in this world. But the majority of the population is still quite blind, and because these enlightened few hold such seemingly paranoid ideas about the world, the majority will often think that these few are most likely simple or crazy.

But times they are a changing, and in this new time, a time where we have access to so much information, and a time of such great memetic division, many more people are waking up to the fact that indeed there are those who are trying to control them using disinformation, encroaching surveillance, draconian laws, violence, and a monetary system that seems to be designed to keep them in debt.

But in the end, all this enlightenment, in and of itself has never, in my opinion at least, ever really accounted for a great deal. This is because as the increasing few begin to really see the nature and scope of their situation, they also begin to realize just how powerless they are.

At least that is what they may believe at first, but some do realize as part of their growing enlightenment that there is more to it, and that humanity is more than they have been told that it is. Unfortunately, even those far into the enlightenment process, discovering some of the secrets as to the true reality of this world and our potential place in it, most often run into many seemingly unconquerable walls. As these few try to implement discovered and rediscovered techniques, to be able to go beyond the three-dimensional trap that has a hold of them, they often fail and then make the mistaken assumption that the techniques that they discovered or were told to them are a fantastic lie.

Thankfully, this final bit of propaganda is also being uncovered for the lie that it is in these times of Great Change; in these apocalyptic times. I, and people like me, are here to show those supposedly crazy few that they are not wrong, that humanity is currently in a prison and that indeed we are all inheritors of a powerful magical tradition (for a lack of better words). But we also have to show that this inheritance needs to be worked for, grabbed and secured; that it doesn't just fall on your lap, taking you into your supposed heaven, without personal effort and the great focus of attention.

And that is what this text strives to do: it strives to open you up to not just the knowledge of the existence of your magical heritage, but also to how to become an Alchemist yourself. And it goes further than that, because it doesn't just point to the road like some wise, jaded sage and tell you to start walking, without you really having a clue as to what you will find on the road, or how to progress on that road as you travel deep within it. It is a step by step manual, a Magnum Opus, a key to unlock not just knowledge but true and workable power.

So, what is it that you can do with all of this acquired power that is contained within your personal Philosopher's Stone?

As I have tried to point out, the energetic increase that you will gain from the exercises and techniques described in this course will begin, must begin, an internal transformation within you.

Now what the nature of that transformation may be is an impossible thing to predict. Generally, such transformations have been described in a number of ways:

- Some say that you become more yourself, your true and total self.
- Some that you become a true magician, able to bend the world to your will.
- Others say that you become enlightened to the greatest degree possible for a human being.
- Others still may say that you discover your True Will, or acquire the ability to know and converse with your Holy Guardian Angel.
- And most radically, the true practicing Alchemists of the world, state that this energy accumulation and storage once it is properly processed into a tight and powerful Stone or Pearl, becomes a highly concentrated sphere of pure and stable energy that can then be used to transcend this dimensional range. This means that this successful Alchemist, by all accounts, becomes a being who is able to change lead into gold, meaning that this person can acquire through manifestation, which is just a crude word for transmutation, anything that he or she may desire. And that as they learn to not only gain material wealth and the ability to literally weave new worlds into existence, and reside within them, they also begin to realize the possibility of becoming true immortals, as a type of non-organic being that is no longer bound to the three-dimensional *causal'ogical* rules that govern the rest of humanity.



*Figure 42 The mature Stone; a true crystalline Jewel that can be used to turn lead into gold, or to allow an Alchemist to find complete freedom from all physical limitations.*

What you may make from all of this stored and refined energy is beyond my knowledge. We are all different and each of us is connected to the Great Dark Sea in a different way; all of us, in a different place and time within it.

Some, with access to this much energy, may burn like a powerful flame and die a simple and senseless death because they could not or were never taught how to work with energy properly. Others may become famous or incredibly wealthy and powerful, only to die a common death in time. Others may become venerated saints and try to save the world, and a very few may even escape this prison planet, and voyage deeply into the Dark Sea as free non-organic beings.

I am not privy to what may happen to any one person on this quest, or even to what may happen to the human race as a whole as we face this time of great change.

What I can do, is explain to you how to TRULY acquire more energy and power, how to break the shackles imposed by the Archonic Host, how to break them through energy absorption and re-absorption, and through the refinement of that energy in order to begin the process of creating the Philosopher's Stone. But I cannot tell you where your journey may take you, as your energy level and potential increases and your fledgling Stone grows in power and stability.

Some of what I can tell you is that there is fear as we slowly break the chains of our imprisonment, but the joy that we begin to feel as this process unfolds far outweighs any fright that we may have as we face the infinity before us. There is for some, interestingly to you perhaps, a degree of sadness, but any sadness that we may feel is not the result of a longing to go back to the many machinations and petty complications that make up most of our human interactions, instead, it is a deep longing for something OUT THERE; a deep desire to finally begin an endless voyage into an indescribable infinity, beyond words.

And as this process of freedom and energetic accumulation unfolds and expands, we begin to know ourselves and the world around us in a different way. Dogma of all kinds, and *a priori* knowledge in all its forms, becomes less and less important. What really begins to matter is an inner knowing, an inner sense of what is right and wrong for you personally, along with a deep and hard to identify sense of 'beginning' to know who you really are and where you need to go.

At that point, at least from a more conscious and human perspective, energetic truths are the only important things. An Energetic Truth from that standpoint then can be defined as more of an experience rather than mere data in a text book or a screen. It is an experience that can be verified time and time again, through that process of Inner Feeling Sense that I first described in Chapter 4. This projection of this *inner sense* is first realized through *doing* instead of just conceptualizing, and is then re-discovered over and over again, through the conscious projection of attention into the myriad different aspects of the beingness of the self, and of the energetic matrix that makes up our living essence.

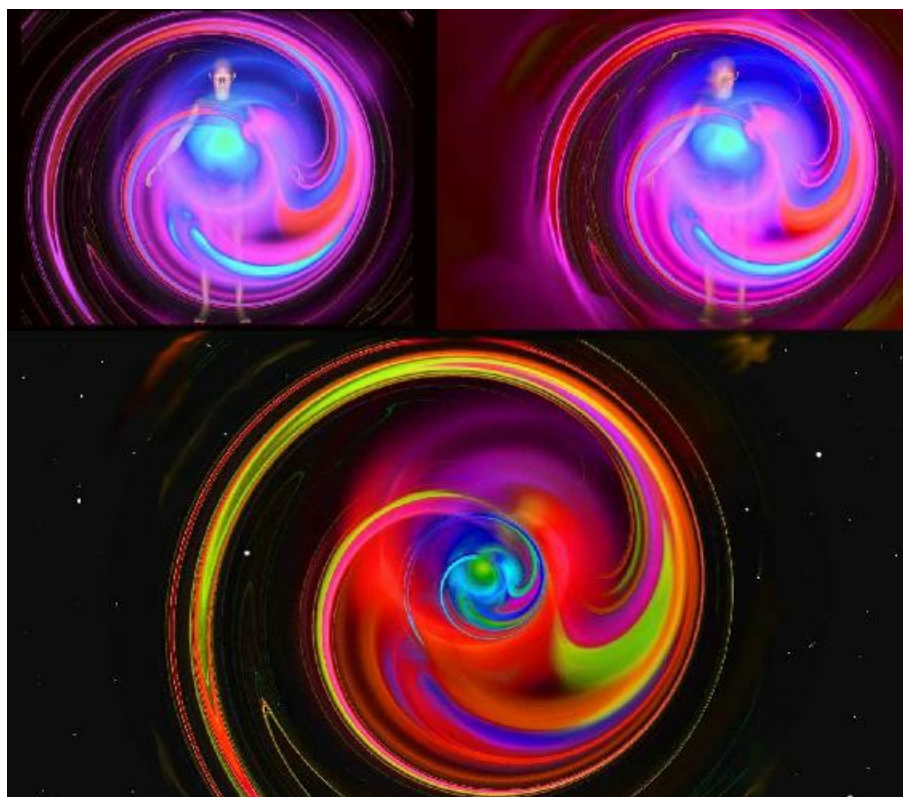
Through energetic accumulation, which is the acquired result of practicing the many techniques discussed in this course, this ability to project inwardly and outwardly grows. And as it grows, new personal directives become increasingly more apparent and significant.

These directives are established and develop through your pursuit of your individual inner knowing prerogatives, which present themselves before your perceptions in the form of great joyous desire for action and development, and the love for the essence of the quest itself.

So that, in time, one begins to discover, that it is not that you have stopped having so much feeling and emotion, that you have somehow become less human, but that you are beginning to feel more, and experience more, in a different direction, in a different way, into a different dimension that begins to open up before you, more and more. And as these new dimensions open up before you, they beckon you ever more intently to go past all of the limitations of the many yesterdays, that while sometimes joyful, still seemed to rob you of so much life, potential, and freedom.

I challenge you to seek the power of the Philosopher's Stone, the power of COMPLETE energetic absorption and cohesion. I challenge you to break all of the limitations that the world has imposed on you, since the day of your birth!





*Figure 43 Using the fully matured Jewel as a non-organic vessel in order to begin a definitive Journey into the infinite depths of the Dark Sea!*



# GLOSSARY

**a priori** — Defined within this text as knowledge that is arrived at through external sources and not through direct personal perception. These external sources of information, these dispensers of undeniable fact, are societal authority figures and institutions such as parents, religion, government, and *common* sense.

**chi sickness** — Symptoms related to energy work and the improper movement and containment of the vital electromagnetic energy that you have been able to accumulate in your body. Most often chi sickness is caused by not making sure that your tongue is making contact with your palate, while you are working with energy or are moving energy up and around your body meridians.

The symptoms usually experienced are headaches, excessive tingling on a certain area, nausea, hallucinations (seeing spots or light flashes), and excessive heat radiating from a certain area of the body. It is very important therefore to remember to keep the tongue on the palate and to learn to keep energy circulating properly using good posture and the Push/Pull energy pump.

**cognitive position** — The position from which you perceive and therefore know the world around you.

**common sense** — The name of the deductive conclusions made in accordance with the accepted truths of the time. These deductions rely completely (complete faith) on the acceptance of *a priori* information/knowledge of the current human era. The common sense of this modern era is called rationality.

**core belief** — A base or fundamental belief that supports other beliefs of a similar nature. It can be said that a core belief is the first belief. If you change a core belief, you are quite literally changing the foundational framework of all of the beliefs that rely on the existence of this belief, so by changing a core belief you change your being.

**foundational framework** — A framework of belief(s) upon which a greater part of the conscious psyche rests. It is the underlying psychological structure that provides a frame upon which the personality may grow and expand outwardly.

**Great Archon** — A titanic non-organic entity existing outside of the boundaries of space and time, that arrived on this planet at a difficult to determine time in our history. This

massive predatory force ruthlessly feeds on human energy by projecting its dark intent upon the world. This dark intent causes people to expel huge amounts of emotional energy and it is this energy, in the form of silly indulgence and emotion, that the Great Archon feeds on. This dark intent is the reason for human stupidity and what could loosely be called the seven deadly sins that we all suffer from.

And as this massive and oppressive force robs more and more energy from each human being, it also robs that individual of his or her attentive power; dumbing down humanity, making it childish, forgetful, fearful, dependent, domesticated, and un-aware.

**meridian** — A pathway within the body that circulates vital life energy force.

**nonlocal** — Within the context of this course, nonlocal here refers to the phenomenon of Quantum Nonlocality which can be defined as an action state outside of the boundaries of time and space as it is usually perceived and understood. In this nonlocal state, matter/energy/consciousness seems to be everywhere and nowhere.

**predatory stance** — This is a focus of attention that must be maintained in a focused and deliberate manner until it becomes a strong Intent. This stance allows the Alchemist to absorb all sorts of foreign negative energy and Intent without feeling the consequence of that negativity. To have a Predatory Stance means that you take on the feeling of being an energy predator, that you say to yourself, “This negative energy and Intent that others are projecting on me consciously or not, is my energy, it is delicious, I love it and I rejoice in ingesting it!”

This allows the Alchemist to overcome and overpower energy, not people (or the Great Archon for that matter). It allows the Alchemist to turn foreign energy into personal energy without worry in a highly efficient and natural manner.

**rationality** — A limited form of logic that posits that all causal relationships are the result of a small set of the ruling establishment’s sanctioned facts.



# Q&A WEBSITE

Working towards The Magnum Opus can be a difficult process, and it is definitely a marathon not a sprint, so do give yourself time and learn to be patient but determined. Learn to develop your unbending intent.

And as you go through this process, in accordance with the knowledge and techniques present in this course, you may have some unanswered questions. It is my hope that on this web page I may be able to help you answer some of these questions.

<https://johnkreiter.com/magnum-opus-course>



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Thank you for reading.

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